

LCAP results in two outstandings, seven excellents

By Eric Sesit
Joint Base Charleston Public Affairs Office

The Logistics Compliance Assessment Program visit, conducted Feb. 4 through 11 is over. The purpose of the visit was to evaluate the 437th and 315th Air Wings ability to perform their mission in accordance with established Air Force and Air Mobility Command policies and directives, focusing on evaluating the effectiveness of personnel and logistics processes.

“Overall, I am pleased with the results of our LCAP inspection. A team representing some of the best and

brightest from throughout the command spent a week rigorously inspecting our Team Charleston Logisticians as evidenced by the more than 1,500 inspections,” Col. James Clavenna, 437th Maintenance Group commander, said.

Overall, the 437th and 315th Airlift Wings performed admirably as reflected by LCAP team chief, Col. Robert Straw’s comments. Joint Base Charleston’s inspired dedication, skill and professionalism were definitely evident during the inspection, Colonel Straw said, and the entire Joint Base Charleston team showed great initiative and advanced preparation.

The inspection resulted in several squadrons receiving an ‘Excellent’ rating while the 437th and 315th Maintenance Operations Squadrons achieved a score of ‘outstanding’.

“The team recognized our Airmen for their pride, enthusiasm, compliance and safe aircraft maintenance, transportation, supply and logistics,” Colonel Clavenna said. “They also identified 40 outstanding performers. And, as with any inspection, we’ll leverage the feedback to make our great team even better. That’s what professionals do ... and that’s what makes us the best Air Force in the world!”

The following units and individuals were recognized by the LCAP team for their outstanding and excellent performance:

- Outstanding**
- 437th Maintenance Operations Squadrons
 - 315th Maintenance Operations Squadrons
- Excellent**
- 628th Logistics Readiness Squadron
 - 628th Mission Support Group
 - 437th Aerial Port Squadron
 - 437th/315th Quality Assurance
 - 437th Maintenance Squadrons
 - 315th Maintenance Squadrons

- Tech. Sgt. Dirk Braun, 628th Logistics Readiness Squadron
- Tech. Sgt. Robert Cummings, 437th Maintenance Operation Squadron
- Tech. Sgt. Zachary Moore, 315th Maintenance Group/QA
- Tech. Sgt. Christopher Pyatt, 315 MXG/QA
- Tech. Sgt. Ronald Roper, 437 MOS
- Tech. Sgt. Clifford Thebodeau, 437 MXG/QA
- Tech. Sgt. Jason Whitehead, 437 Maintenance Squadron
- Staff Sgt. Andrew Clyde, 437 Aerial Port Squadron
- Staff Sgt. Justin Diggins, 315 Maintenance Squadron
- Staff Sgt. Yoshika Enlow, 437 MOS
- Staff Sgt. Lamar Frazie, 437 MXS
- Staff Sgt. Wallace Kirtz, 437 MOS
- Staff Sgt. Ruben Melendez, 437 Aircraft Maintenance Squadron
- Staff Sgt. Casey Norton, 437 APS
- Staff Sgt. Joseph O’Neill, 437 APS
- Staff Sgt. Ryan Parrish, 437 AMXS

- Staff Sgt. Michael St. Pierre, 315 MXS
- Staff Sgt. Rhett Young, 437 MXS
- Senior Airman Tracy Bitto, 437 MXS
- Senior Airman Anthony Burdett, 628 LRS
- Senior Airman Calen Coloma, 628 LRS
- Senior Airman Zan Dean, 628 LRS
- Senior Airman Joseph Dooley, 437 MXS
- Senior Airman Kevin Meredith, 437 MXS
- Senior Airman Megan Miles, 437 APS
- Senior Airman Ryan Nielson, 437 AMXS
- Senior Airman James Nippler, 437 MXS
- Senior Airman Jessica Owen, 315 MOS
- Senior Airman Nicholas Pyle, 628 LRS
- Senior Airman Marvin Richardson, 437 APS
- Senior Airman Jeremy Severn, 437 AMXS
- Senior Airman Ryan Shaw, 437 MXS
- Airman 1st Class Tyler Derr, 437 AMXS
- Airman 1st Class Kenneth Harris, 437 MXS
- Airman 1st Class Travis Hicks, 437 MXS
- Airman 1st Class Jeffrey Montgomery, 437 APS
- Airman 1st Class Nicholas Nothnagle, 437 APS
- Airman 1st Class SS Bryan Queen, 628 LRS
- Airman 1st Class John Peffer, 628 LRS
- Airman 1st Class Aaron Williams, 437 APS
- Airman 1st Class Nicholas Woods, 437 APS
- Airman Steven Stone, 628 LRS
- Airman Basic Kassidi Laronga, 628 LRS
- Mr. Jermaine Pryor, 437 MXS



U.S. Air Force File Photo\Staff Sgt. Shane Ellis

The 437th and 315th Airlift Wings successfully completed a Logistics Compliance Assessment Program inspection demonstrating their ability to perform key logistics processes in a repeatable, standard, safe and technically competent manner. The seven-day evaluation examined the combined operations of reservists with the 315th and active duty with 437th Maintenance Groups.

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CAN YOU HEAR ME?

 The 628th CS keeps Airmen connected
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Kid Rock visits Joint Base Charleston



U.S. Air Force Photo\Michael Dukes

(From left) Master Sgt. Gene Rorie, 317th Airlift Squadron loadmaster, Senior Airman Nicole Kelly, 560th Red Horse Squadron training manager, Master Sgt. Drew Cheek, 317th AS loadmaster and Chief Master Sgt. Bill Cunningham, 317th AS loadmaster meet Kid Rock at Joint Base Charleston, S.C. before his concert Feb. 16, 2011. Kid Rock’s visit was part of his partnership with the Air Force Reserve’s Get One Now recruiting program.

F-15s to operate out of JB CHS

Several F-15E Strike Eagle fighter jets from Seymour Johnson Air Force Base in North Carolina are planning to call Joint Base Charleston home during the next two weeks.

Members of the 333rd Fighter Squadron are scheduled to arrive at the base Feb. 16 to 19 and plan to fly training missions Feb. 21 to 25. Local residents can expect increased jet noise between 8 a.m. and 6 p.m. The training will help ensure the aircrews are prepared to support contingency operations in Afghanistan.

The 333rd Fighter Squadron is a training unit that prepares pilots and weapons systems officers to operate the F-15 E Strike Eagle. As part of their final training block, the fighter squadron regularly travels to another base to practice working from an unfamiliar base in unfamiliar airspace. This time, planners at Seymour Johnson AFB have chosen Joint Base Charleston.

The F-15E Strike Eagle is a dual-role fighter designed to perform air-to-air and air-to-ground missions. An array of avionics and electronics systems gives the F-15E the capability to fight at low altitude, day or night, and in all weather.



Joint Base Charleston - Air Base & Weapons Station

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Col. Martha Meeker
628th Air Base Wing commander

Wingman's Day focuses on resiliency

Today is Wingman Day; A day when units across Joint Base Charleston stop what they are doing to take a well-needed break from their everyday routines and focus on what is truly important in this life: each other.

During the course of today, you're going to hear a lot about resiliency. We all know what it means to be resilient; to have the ability to withstand, recover and grow in the face of stress and diversity. But why do some people have the ability to let life's curveballs roll off their back like water off a duck and some



Chief offers assignment advice for enlisted Airmen

By Chief Master Sgt. Brian Wanke
Air Force Personnel Center

RANDOLPH AIR FORCE BASE, Texas – For the last few years, I've had the privilege of serving as a functional manager for enlisted communications assignments.

When I first arrived, I questioned our assignment policies all the time. However, as I became aware of the reasons each rule was developed and the consequences of not following them, I quickly came to appreciate them.

Our current assignments system may not be perfect, but it is truly based on fairness and equity.

Educating yourself is key. Think about any game you've ever played – there are usually two types of players: those who read the instructions to familiarize themselves with the rules of the game and those who frantically try to learn the rules when things don't go their way. Educate yourself on the rules of our assignment system ahead of time.

As my tour here ends, I'd like to share some friendly advice to all enlisted Airmen:

- Keep your records up-to-date. Your assignment NCO is responsible for 4,000 to 10,000 Airmen, so they don't have time to research whether your short-tour return date is correct or not. Just like promotion records, you are responsible for ensuring your information is up to date.
- Make sure your assignment preferences reflect your current desires. Your preference statement is like a will – it doesn't matter how often or how long ago it was changed, the last update is what counts. It's hard to complain when you get what you asked for.
- As long as you're on active duty, you need to be prepared to move and to deal with all that comes with a permanent change of station. For example, carefully consider all possibilities before buying a house because doing so will not prevent you from moving, and mortgages don't come with a military clause.
- Keep your long-range goals flexible. Don't plan on retiring from your current base until

you're actually retirement-eligible. Air Force needs may dictate another PCS.

- Exceptions to policy are just that – exceptions. If you have an active-duty service commitment, expect to fulfill it unless a waiver could benefit the Air Force.
 - Don't delay the process – it's not all about you. If you don't earn retainability in time, if you decide to "seven-day opt" on day 12, or if you wait too long to start your clearance paperwork, it affects more than just you. The gaining unit and the next Airman in line are the ones who suffer.
 - Be proactive and volunteer. Buying 100 tickets won't guarantee you'll win the lottery, but you sure won't win if you don't buy any. It's better to search for an assignment you want than to have an assignment searching for you.
- Always remember, our profession is the defense of the U.S. At the end of the day, Air Force needs dictate where we go. Stay positive, and make the most of each assignment – your experience is only as good as you make it.

DIAMOND TIPS

Commentary by Master Sgt. Shannon Wells
437th Aerial Port Squadron assistant first sergeant

Physical training testing does matter

Do you know when you're scheduled for your next PT test? Do you know how failing this test can affect your career? Are you prepared to test right now?

Answer no to any of these questions and you may be headed for a world of hurt. AFI 36-2905, Fitness Program states in the Commander's Intent that "it is every Airman's responsibility to maintain standards set forth in this AFI, 365 days a year." Year round physical fitness is integral to the accomplishment of the Air Force's mission, and not being physically fit will have an adverse impact on your career and your unit.

Tell me if you've heard this before; "I failed my PT test but I passed the second time." It's good that you passed the second time, but what's the impact of failing an official Air Force test at anytime? The phrase "clearly exceeds" appears on the front of an AF Form 910, Enlisted Performance Report. Did you clearly exceed during the rating period? If you can't attain a passing score before Enlisted Performance Report closeout, the EPR is now a referral EPR. Also you cannot attend professional military education with a failed PT test. You've justified two markdowns on your EPR that can and will affect your selection for promotion, special duty assignments and award considerations. Talk about being a glutton for punishment; PT testing does matter.

Your failing a PT test is just as tangible at the unit level. A failed test means you are now assigned to the Fitness Improvement Program. Your co-workers are left to pick up the additional workload while you're at mandatory PT five times a week. Second, you can't attend combat skills training for an upcoming deployment. Now your unit has to shortfall the tasking or give it to someone else in the squadron with little to no advance notification. Once again; PT testing does matter.

Ultimately it is your responsibility to maintain standards and not bring unwanted stress and burden upon yourself and the unit. If you're unclear about the standards, refer back to AFI 36-2905, Fitness Program for details.

Say it with me, PT testing does matter!

Making it to the top

Commentary by Master Sgt. Donald Leydig
Joint Base Charleston's Professional Enhancement Center

Have you ever wondered what it takes to make the rank of E-8 and E-9? Are you currently doing the right things required to make these ranks? Have you found a mentor to help you out?

If your goal is to become a senior master sergeant or chief master sergeant, then you need to start working on this when you are a senior airman or staff sergeant. It's very hard to achieve these ranks and the earlier you get started the better.

There are five basic areas you must have when competing for E-8 and E-9: Community College of the Air Force, Senior Non-commissioned Officers Academy, fives on your Enlisted Performance Reports, a Meritorious Service Medal and Senior Rater endorsement. In order to receive a SR endorsement, you should have your CCAF completed. The CCAF is one of the easiest degrees you can achieve as long as you put a little effort into it.

Some other accomplishments that will help separate you from your peers are additional degrees like a Bachelor degree, getting involved with the community or local base private organizations (i.e. First Six, Top 3), and performing a special duty then returning to your original career field. Also important are quarterly and annual awards, Air Force level awards, Professional Military Education, being successful in a position with a standard above your current pay-grade, and most important of all; sustained performance. This is why it's important to start early. You must be able to prove to the board members that you are what the Air Force is looking for to fill its E-8 and E-9 positions. So if E-8 and E-9 are goals that you have set for yourself, start working on the required steps now. You can also visit the JB CHS' Professional Enhancement Center to find out more about this process.

MCPON message to the fleet: no second chances for drug abuse

Commentary by Master Chief Petty Officer Rick West
Master Chief Petty Officer of the Navy

WASHINGTON – Shipmates, there has been an alarming rise in the number of Sailors who are choosing to use 'Spice,' herbal products and other so-called designer drugs; and this must come to an immediate stop. More than 150 Sailors are currently being processed for 'Spice' use, possession or distribution, and this is UNSAT.

Overall, the Navy has separated 1,374 Sailors in Fiscal Year 09; 1,308 Sailors in FY10; and 302 Sailors during the first quarter of FY11, for drug abuse. These unexpected losses negatively affect our commands' manning levels which in turn affects the commands' operational and warfighter readiness. The Navy's policy on drug abuse is simple and clear - zero tolerance, and there are no second chances.

NAVADMIN 108/10 states the following on drug abuse: 'Drug abuse includes the wrongful use, possession, manufacture, or distribution of a controlled substance. Drug abuse also includes the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as inhalants), propellants and/or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce intoxication, excitement, or stupefaction of the central nervous system, and will subject the violator to punitive action under the

worth repeating

"Drug abuse goes against our Navy's core values and ethos, and it is a threat to lives, unit and mission readiness and morale."



Master Chief Petty Officer Rick West
Master Chief Petty Officer of the Navy

UCMJ and/or adverse administrative action.' Some examples of substances mentioned above where the wrongful use constitutes drug abuse includes, but is not limited to the following:

- Products that contain synthetic cannabinoid compounds, such as "Spice," genie, blaze, dream, ex-ses, spark, fusion, dark knight, yukatan fire, and K2.
- Natural substances such as salvia divinorum and mushrooms.
- Common items abused by inhaling or huffing, such as Dust Off, glue, paint thinner and gasoline.
- Over-the-counter products such as Robitussin and Coricidin HBP.
- Prescription medications such as Oxycodone, Vicodin, Adderall, and Valium.

If you didn't know, 'Spice' is a mixture of natural

herbs and synthetic cannabinoids, that when smoked, produce a marijuana-like 'high' that decreases motor skills, impairs coordination and concentration, and effects short-term memory and senses. The effects of these substance is unpredictable when combined with alcohol, and since the chemical blends are continuously manipulated and the strength of the synthetic chemical used is unknown, there is no way to know what you are getting in the drugs nor what the long-term health risks are if used.

Some of the side effects from these drugs include uncontrolled vomiting, excessive sweating, flushed skin, increased heart rate and high blood pressure, and loss of consciousness. If this sounds like a good time to you, then go ahead and hand over your rank and paycheck, and possibly your life.

Bottom line: The use and even just the possession of 'Spice,' herbal products, designer drugs, chemicals used for huffing, salvia divinorum, or products containing synthetic cannabinoid compounds are prohibited. Leadership, along with Naval Criminal Investigative Service, is aggressively working to catch personnel who are possessing, using, or distributing drugs; and when you get caught, your career will be over.

Drug abuse goes against our Navy's core values and ethos, and it is a threat to lives, unit and mission readiness and morale. It is every Sailor's responsibility to deter drug abuse. If you do the crime, you will do the time ... remember zero tolerance and no second chances."

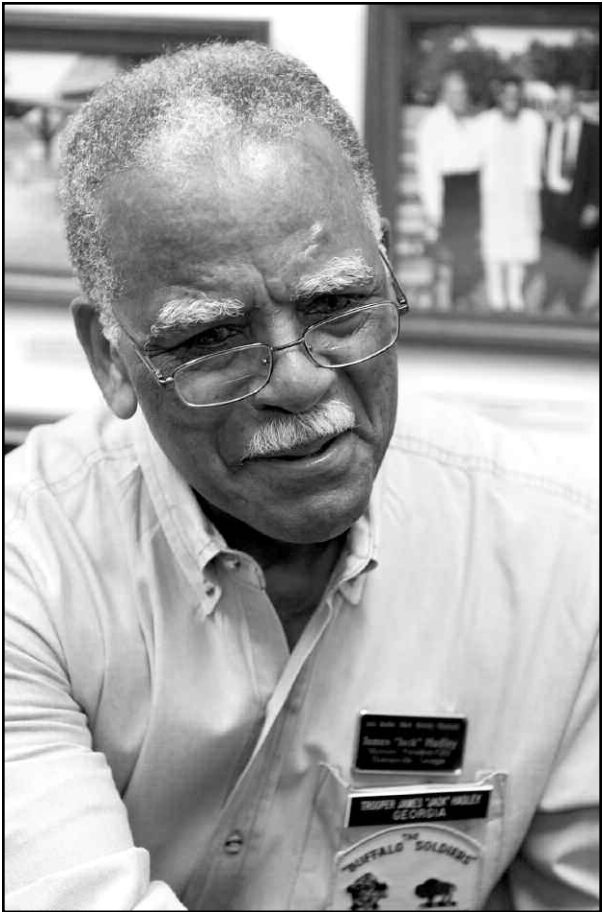
Retired chief helps preserve black history

By Airman 1st Class Brigitte N. Brantley-Sisk
23rd Wing Public Affairs

MOODY AIR FORCE BASE, Ga. – On a rack of military uniforms mostly from World Wars I and II, it is the service dress uniform of a chief master sergeant who retired in 1984 that stands out the most. Now 74 years old and married for more than half a century to his high school sweetheart, retired Chief Master Sgt. James "Jack" Hadley's mission in life is to educate as many people as he can about African-American history.

"One day in 1979, my son came home from school and said nothing was being done to commemorate Black History Month," Chief Hadley said. "We made a few posters about significant achievements by black people and he took it to school. Students and teachers loved it, and that was the beginning of my collection."

Chief Hadley still has those posters, and his collection has grown to more than 4,000 other artifacts, documents and pictures of black history. Quite a few of



U.S. Air Force photo/Airman 1st Class Benjamin Wiseman
Retired Chief Master Sgt. James "Jack" Hadley is the owner of the Jack Hadley Black History Museum in Thomasville, Ga. He hosts approximately 3,000 visitors per year and has more than 4,000 artifacts, documents and pictures depicting African-American history.

these are directly related to history within Thomasville, Ga., the town in which he grew up. He now owns the Jack Hadley Black History Museum there and educates approximately 3,000 visitors each year.

"Jack worked hard in the military and he works hard now," said his wife, Christine Hadley, who still laughs at the mention of their high-school romance. "He's a good Christian man, father and husband who has always provided for his family. His life dream was to own this museum and he did it."

Mrs. Hadley served as the museum's secretary until last year and still makes an occasional appearance when a tour goes through. The couple has been married for 53 years. They have two daughters and a son.

"We got married after Jack had been in the military for just one year," she said. "Whenever we got orders every few years, the kids and I were ready to move. It got harder when our children were in high school because then they were more reluctant to move and leave their friends, but overall it was a good lifestyle that we enjoyed."

Chief Hadley graduated from high school in 1956 and joined the Air Force two weeks later.

"My high school didn't become integrated until 1970, after I had left, so things like having a separate water fountain were the normal way of life," he said. "When I left for basic training, segregation wasn't as prominent in the Air Force, but once I graduated from there, I was reminded nothing had changed."

"I was riding a bus to go back home on leave and I was wearing my uniform," Chief Hadley said. "Once we reached the Mason-Dixon Line, the bus driver stopped the bus and told us to go the back of the bus."

Remembering history is the overall goal he hopes to achieve through his museum.

"We've heard a lot from the older visitors that their towns don't have anything like this," Chief Hadley said. "For our younger visitors who might be working on a school project, I have something else in mind. I want them to be able to come in here, look at any subject and learn about it. Then they can go to the Internet and other sources and learn even more."

The museum covers subjects from the 1800s to present day and focuses on local history. One notable citizen from the area is Lt. Henry Ossian Flipper, the first black graduate from the U.S. Military Academy.

"Of course we also want to highlight the military accomplishments of our citizens," Chief Hadley said. "I proudly served for 28 years, and am happy to give back to our community in any way, including educating visitors on black history."

Other artifacts within the museum include obituaries used to track genealogy, chains previously used to hold slaves and plenty of pictures illustrating Chief Hadley's life and military career.

The Gig-Line: March exams

Commentary by Electronics Technician
1st Class Brad Tracy
Naval Support Activity command career counselor

With the March Navy-wide advancement exam cycle quickly approaching, hopefully you have been diligently preparing for the big day. But, for those of you who choose to procrastinate, here are some tips from the Navy Advancement Center for preparing for the exam.

The first thing you should do is download your bibliography from the NAC website (there is a link on the NKO homepage) so you will what information you will be tested on. When you are studying, always review what you studied last time and break up your session into 15 minute blocks - marathon study sessions usually have negative results. Flash cards are also recommended to help retain information. Remember, studying almost always works better if it is done in a group setting.

On the night before the exam, get plenty of sleep and eat a well-rounded breakfast in the morning. Make sure you show up on time in the uniform of the day, with your military ID. Consult the NAC website to see what materials you are allowed to bring into the testing center. Never rush through the exam, and most importantly, be confident that you will do well.

As a reminder, the exam dates are: March 3 (E-6), March 10 (E-5), and March 17 (E-4). For more information, contact your CCC at 843-764-2115 or bradley.tracy@us.af.mil.

Base Brief Notes

New Fitness Center hours in effect

Effective immediately, the Fitness Center has new weekday operating hours. The facility now opens at 5 a.m. and will remain open until midnight.

Monday-Friday: 5 a.m. to midnight
Saturday & Sunday: 6:30 a.m. to 6 p.m.
Holidays: 10 a.m. to 6 p.m.
Family Down Days: 6:30 a.m. to 6 p.m.

Air Base Consignment Shop is moving

The Charleston Air Force Base Consignment Shop is moving to its final home in the old Child Development Center, Bldg. 1950 on the corner of Hill Blvd. and O'Neal Ave. across from the Shoppette.

The Consignment Shop will be closed for moving Feb. 19 through March 7, with its grand re-opening, Tues., March 8. The store hours will be 10 a.m. to 2 p.m. on Tuesday, Thursday and Friday and from 10 a.m. to 1 p.m. on the first Saturday of each month. For more information please call 963-3294.

JB CHS eliminating bird strikes

By Airman 1st Class Jared Trimarchi
Joint Base Charleston Public Affairs

In October 2010, Joint Base Charleston became the first joint base to team-up with the United States Department of Agriculture Wildlife Services to help run the base's Bird Avoidance Strike Hazard program.

BASH is an Air Force program that identifies and reduces threats or damages caused by wildlife strikes to the aircraft.

The Hudson River landing in 2009 caused by a US Airways flight striking a flock of geese shortly after take-off, increased the public's concern about aircraft safety, said Lt. Col. Mark Fuhrmann, 437th Airlift Wing chief of safety. "The Air Force has always made safety a top priority in order to reduce the possibility of an accident and BASH makes this possible."

"When the previous contract with a private company was over, we heard about USDA Wildlife Services offering to run the BASH program at certain bases," Colonel Fuhrmann said. "They are part of the Department of Defense and USDA Wildlife Services has done more for us than we could have hoped for."

"Besides providing improved services, the USDA can go beyond the perimeter of the base," said Capt. Jason Richardson, 437 AW chief of flight safety.

"The key component to USDA Wildlife Services is their ability to go outside the boundaries of the base, which means they can go to a landowner outside the installation," Captain Richardson said. "Our old contractor could only work on the base to eliminate bird hazards. If the birds moved right outside the gates, they were out of our reach."

Aircraft in Charleston have had minor to severe damage caused by bird strikes, said Master Sgt. Bill Lessage, 437 AW flight safety noncommissioned officer in charge. Planes are designed to withstand damage from a bird strike, but too many birds can cause serious damage if they are sucked into the engine or crash through a windshield.

"Birds that cause the most damage are turkey vultures," Sergeant Lessage said. "After a strike, remains are collect-



Courtesy photo

Brad Friebel, USDA Wildlife Services wildlife biologist.

ed and sent to the Smithsonian to identify the birds. BASH also helps us identify bird migratory patterns. A major bird migration passes through Charleston during the spring and the fall."

Bird strikes are a major concern for the Air Force, but birds aren't the only wildlife that can cause havoc, Colonel Fuhrmann said.

"There have been incidents where planes have hit deer and caused engine damage," Colonel Fuhrmann said. "BASH is here to help avoid those problems."

Brad Friebel, USDA Wildlife Services wildlife biologist, said the main way BASH reduces wildlife hazards is by using pyrotechnics to scare off the animals. Mr. Friebel goes out five times a week to inspect the runways, ensuring they are clear of hazards. On his daily inspections, he checks to see there are no holes in the fence for animals to crawl through. He also uses night vision cameras and heat

sensors to see how many deer and birds are populating on base.

"Habitat manipulation is the most important way to keep wildlife from striking an aircraft," Mr. Friebel said. "Grass heights attract certain types of animals so we keep the grass cut to a certain level. If the grass is too high it attracts larger birds such as geese, but the lower grass attracts the song birds. It's impossible to deter 100 percent of all animals so we use habitat manipulation when we have a threat of a certain type of species. We want to avoid any incidents and prevent them from ever happening."

Since October Mr. Friebel has been keeping track of the wildlife on base as part of a yearly wildlife assessment.

"We need to get a year round understanding of which birds we can expect during different seasons," Mr. Friebel said. "Knowing which birds are out there will help eliminate strikes."

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Decreased funding reduces orders timeline

Courtesy of the Chief of Naval Personnel Public Affairs

WASHINGTON – Citing the impact of reduced funding, the Navy announced Feb. 8 that Sailors should expect to receive orders with shorter lead times and based on operational priority.

NAVADMIN 049/11 informed the Fleet of the impact to permanent change of station orders while operating under a Continuing Resolution which is a Congressional budget authorization that allows for continuous normal operations while a final budget is approved.

"Due to the way resources are phased and allocated under a CR, the Navy currently does not have sufficient funds in our manpower accounts to allow for normal lead times for Sailors to receive PCS orders," explained Vice Adm. Mark Ferguson, chief of naval personnel. "The measures we are taking are absolutely necessary in order to remain within budget. Our goal remains to mitigate the impact to Sailors and their families as funds become available."

Navy Personnel Command's ability to release approximately 10,000 orders at the end of fiscal year 2010 minimized the impact of the CR until now. To date, NPC has received 40 percent less funding than planned and is currently releasing priority orders for members with detachment dates between February and May 2011. Sailors

detaching in the next few months who have not yet received orders will likely have less than two months lead time when the orders are released.

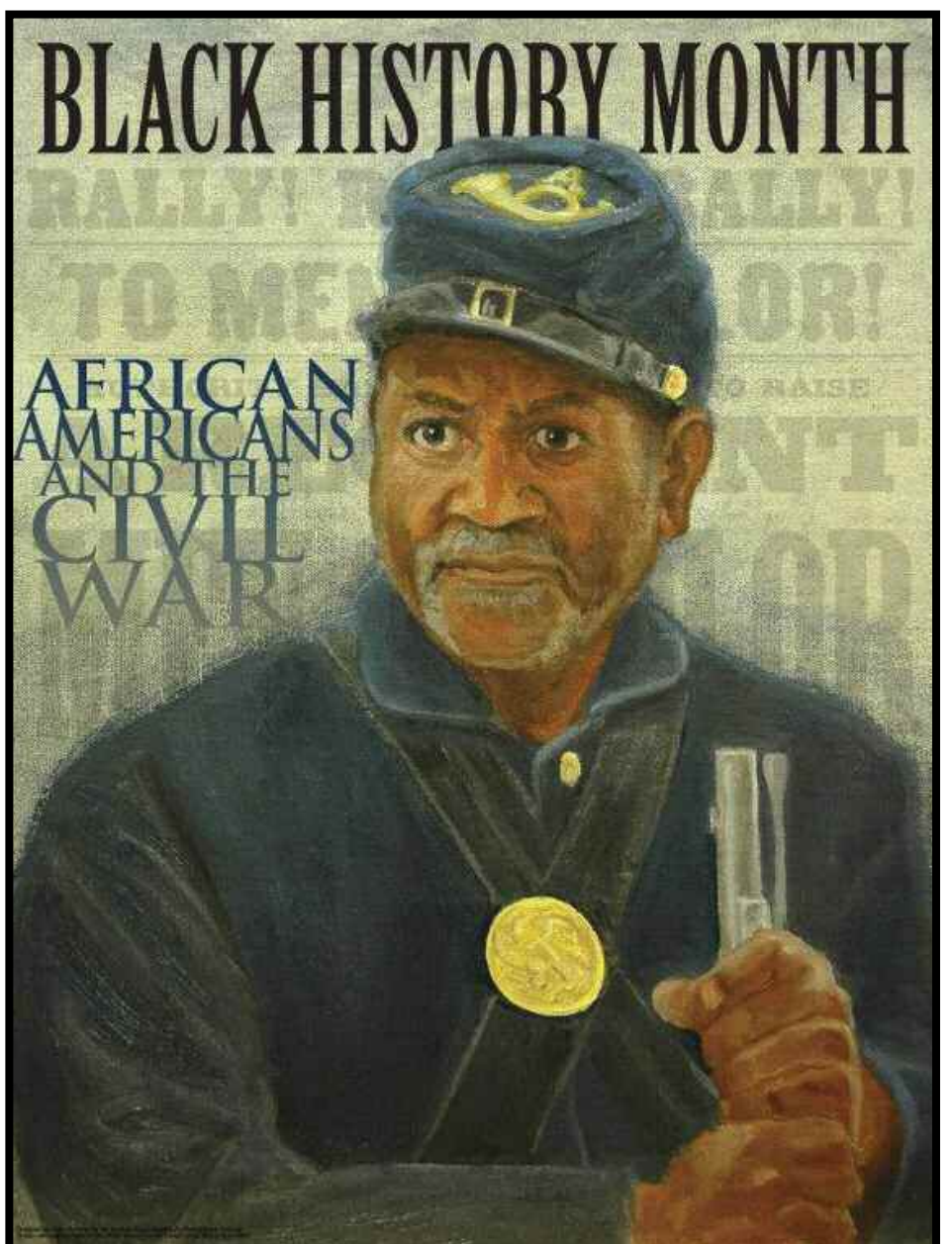
Navy has utilized this prioritization strategy in previous PCS funding-constrained periods with the intent to minimize impact to Fleet readiness, career timing, and families. Emphasis will remain on global support assignment rotations, career milestone billets, critical readiness fills, minimizing gaps at sea for deployed units and those working up to deploy, and keeping the training pipelines moving.

Anticipating a heavy volume of Fleet questions and concerns and with a Sailor to detailer ratio of 1500:1, there may be a delay in response to individual questions. When seeking more information on this topic, Sailors should with the PCS "Frequently Asked Questions" on the NPC website at <http://www.npc.navy.mil> or contact the NPC call center at 1-866-U-ASK-NPC (1-866-827-5672).

"We remain committed to providing Sailors with as much information and lead time as possible," said Admiral Ferguson. "Thank you for your patience as we work through the continuing resolution funding challenges."

To read NAVADMIN049/11, visit www.npc.navy.mil/ReferenceLibrary/Messages/

For more information from the chief of naval personnel, visit www.navy.mil/cnp/.



BLACK HISTORY MONTH - The closing luncheon for Black History month is Feb. 23 at 11:30 a.m. at the Charleston Club. The guest speaker will be former Tuskegee Airman Leroy Leonard from Columbia, S.C. The cost for the event is \$13 for Charleston Club members and \$15 for non-members. For more information, contact, Master Sgt. Angela Powell at 963-2344, Senior Master Sgt. Debra Mosley at 963-2573 or Tech. Sgt. Kenneethia Kennard at 963-3662.

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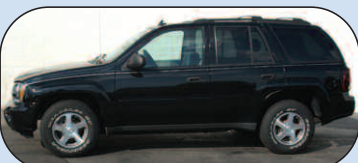
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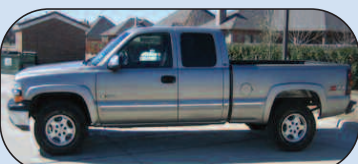
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Boat repairs signal Summer is on its way at Short Stay



U.S. Navy photos/Electrician's Mate Chief Petty Officer Eric Hopkins

An officer candidate from the Citadel's Navy Reserve Officers Training Corps shows other officer candidates and midshipmen the points of sail using a paper boat as a model at the military's Short Stay Outdoor Recreation Area in Moncks Corner, S.C., Feb. 12. Officer candidates and midshipmen from the Citadel routinely volunteer their free time at Short Stay on Lake Moultrie, repairing and cleaning boats and working on their sailing qualifications. Short Stay is open from 8 a.m. to 4 p.m. on weekends starting March 4 and will open seven days a week starting Memorial Day. Sail boats, kayaks, canoes, Jon boats, pontoon boats, center console skiffs, water skis, wake boards, knee boards and tubes are available for rent. For more information, call 843-743-2608 ext. 230.



An officer candidate identifies the parts of a sailboat for his fellow midshipmen and officer candidates at Short Stay Outdoor Recreation Area in Moncks Corner, S.C., Feb. 12.



An officer candidate demonstrates basic sailing knots to his fellow officer candidates and midshipmen at the Short Stay Outdoor Recreation Area in Moncks Corner, S.C., Feb. 12.

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Dental Health Month

U.S. Air Force photos/Senior Airman Katie Gieratz

Dacien Owens practices proper brushing techniques during the dental clinic visit to the Mikolajcik Child Development Center on Joint Base Charleston - Air Base, Feb. 14. Dacien is the son of Staff Sgts. Dwaine and Dominique Washington.

Staff Sgt. Ebony Holt and Ms. Gaye Adams speak to pre-schoolers at the Mikolajcik Child Development Center on Joint Base Charleston - Air Base, Feb. 14. The visit was to teach children about good dental hygiene. Sergeant Holt is a medical technician and Ms. Adams is a dental hygienist. Both are assigned to the 628th Medical Group.

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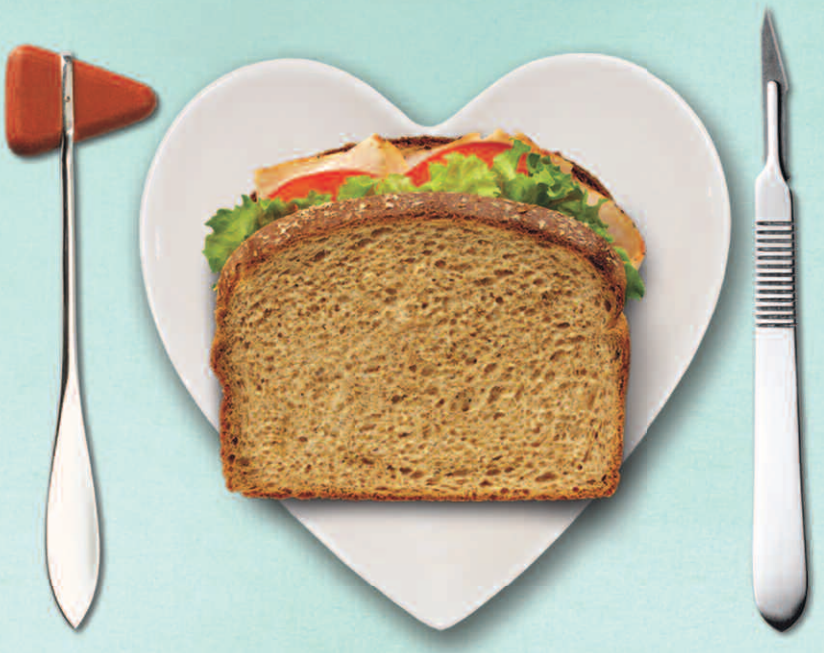
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Photo by Airman 1st Class Timothy Taylor

ALS honors graduates

Senior Airman Douglas Ryan receives the John L. Levittow Award from Col. Martha Meeker and Chief Master Sgt. Jose LugoSantiago, during the Airman Leadership School graduation Feb. 10 at the Charleston Club. Colonel Meeker is the Joint Base Charleston commander and Chief. LugoSantiago is the 628th Air Base Wing command chief. Airman Ryan is assigned to the 628th Civil Engineer Squadron. The Distinguished Graduates for class 11-B were Senior Airman David Goater from the 628th Logistics Readiness Squadron, Staff Sgt. Cory Sanders from the 628th Security Forces Squadron and Staff Sgt. Nicole Mickle from the 628 ABW. Airman Goater also won the Academic Achievement award and Senior Airman Marcus Maltese from the 628th Aerospace Medicine Squadron was recognized with the Leadership award.

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Physical therapy helps Sailors on the road to recovery

Story and photo by Mass Communication Specialist
1st Class Jennifer Hudson
Joint Base Charleston Public Affairs

With so much high tech equipment available, the physical therapy department at Naval Health Clinic Charleston on Joint Base Charleston - Weapons Station looks more like a gym than a starting point for patients on the road to recovery.

Physical therapy is the art and science of physical care and rehabilitation. It is a primary health care profession with physical therapists providing services to patients to develop, maintain and restore maximum movement and functional ability.

"Our goal is to help rebuild muscle memory," said Hospital Corpsman 2nd Class Kwajalien Webb, the leading petty officer and PT tech at the clinic. "The most common injuries we see are torn ACLs, the anterior cruciate ligament which is one of four strong ligaments connecting the bones of a knee joint. Our job is to rebuild the overall functionality and mobility of a patient to get them back to full working capability.

"We use a lot of weight equipment to help strengthen a patient's specific targeted area," she continued. "Strengthening is one of the primary keys to rehabilitation and once we strengthen those muscles we then have our patients do a lot of repetitious workouts which helps build and improve the function of the injured or damaged muscle."

Information Systems Technician 2nd Class Eugene Smith, attached to Naval Support Activity at JB CHS - WS, suffered a torn ACL and has been going to PT for more than three weeks. He said that although there is pain in the rehab process, it is well worth it.

"I have seen significant progress in my right knee since starting PT," he said. "The 'no pain, no gain' concept definitely plays a part, but I feel I'm accomplishing something. Now I can put more weight on my knee than I was able to before the surgery."

PT techs are the first to admit there will be some pain during the rehabilitation of muscles that were damaged or injured.

"Pretty much every one that attends PT is skeptical about it at first," said HM2 Webb. "No one wants to hurt, and a lot of times we see patients who are already in pain and don't want to make it worse. But after a few sessions of PT they begin to see the advantage of the program."

After attending PT for almost a year for a right knee injury, Master-at-Arms Chief Ronnie Griffin from the Nuclear Power Training Unit on JB CHS - WS, said that PT has significantly improved his quality of life.

"My mobility and function of my knee was pretty bad, but PT has helped improve all of that," he said. "Although the treatment can be painful for any injury, the therapists



Hospital Corpsman 2nd Class Kwajalien Webb, a Physical Therapy technician, conducts an upper limb tension test on Machinist's Mate 3rd Class Levi Dupler's right shoulder during a session at the Physical Therapy Department at Naval Health Clinic Charleston, Feb. 10. PT technicians help patients rebuild muscle memory by improving and restoring overall mobility and functionality to an injury in order to get a patient back to full duty.

will never push anyone past their level of pain tolerance. It will hurt, but it will get you on the road to recovery a whole lot faster than trying to do it on your own."

"I love doing this type of work," said Electrician's Mate 3rd Class Ryan Gailey, a PT technician at NHCC who is currently going through on-the-job training. "Being able to help a Sailor and guide them to do more than they were able to do before their injury really makes my day."

Women in Defense luncheon planned

Courtesy of Joint Base Charleston Public Affairs

Navy Lt. Cmdr. Erica Hoffmann, Navy Nuclear Power Training Unit executive officer will speak about her assignments, commands and experiences around the world at the Feb. 25 Women in Defense luncheon.

Women in Defense, a National Security Organization and an affiliate of the National Defense Industrial Association, cultivates and supports the advancement and recognition of women in all aspects of national security. Part of a non-profit organization, WID was established in 1985 to provide women a formal environment for professional growth through networking, education and career development.

For specific information on the location, costs and reservations, contact Melony Are at 225-0574, Melony.are@thevespercompany.com, or Chris Ward at 703-589-4538, event@WIDpalmettochapter.org.

TCSC to hold second annual scholarship auction

Courtesy of Joint Base Charleston Public Affairs

Team Charleston Spouses Club will host their second annual scholarship auction, March 18, at the Charleston Club. The auction is the prime fundraiser for the scholarship program which provides financial assistance to spouses and high school students seeking higher education.

This year's auction theme is "It's 5 o'clock Somewhere." Attendees are encouraged to wear their beach attire. Doors open at 6 p.m. and dinner will begin around 6:30 p.m. A live disc jockey and a silent auction will provide the evening's entertainment. A live auction of dessert items will follow dinner. Auction items are cash or check only.

TCSC members are currently collecting auction items.

Many Joint Base Charleston squadrons and groups are sponsoring themed baskets for the auction. Area businesses and individuals are donating prizes, gift certificates, services and auction items.

Tickets are \$20 per person and childcare is available with RSVP. RSVP to Mary Beth at clavennas@airforce-family.us.

TCSC is open to spouses of all ranks of active duty, reserves and retired service members, spouses of deceased or missing service members and any civil service member associated with Joint Base Charleston. The mission of TCSC is to bring spouses together for social, charitable and educational purposes. TCSC also offers monthly socials and 11 mini-clubs. For additional information, log onto www.teamcharlestonspousesclub.com

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Air Force and Navy News

Navy test pilot completes first F-35C flight

PATUXENT RIVER, Md. – The carrier variant of the F-35 (CF-1) Joint Strike Fighter flew for the first time with a Navy test pilot at the controls Feb. 11.

Taking off at 2:06 p.m., Lt. Cmdr. Eric "Magic" Buus flew the F-35C for approximately two hours. Buus' first flight in the CF-1 checked the function of the flutter excitation system, which will help measure structural loads of the airframe during various flight maneuvers.

"The aircraft flew great for more than two hours with no issues. It's a really smooth, solid flying airplane and a joy to fly," said Commander Buus. "This flight was a great milestone for me, personally, and more importantly, for the services during the 100 year anniversary of naval aviation. This airplane is going to give us a great leap in capability, and I'm looking forward to putting it through the demanding carrier suitability tests required to ensure it's ready for the fleet."

The F-35C is distinct from the F-35A and F-35B variants with its larger wing surfaces and reinforced landing gear for greater control in the demanding carrier take-off and landing environment.

"Magic's flight today is a tremendous accomplishment for him and the test team, and a historic event for naval aviation," said Capt. Thomas Huff, commodore of Naval Test Wing Atlantic. "The determination and thoroughness of test professionals across all our programs is shaped by the education and training they receive at the U.S. Naval Test Pilot School and Test and Evaluation University, ensuring delivery of warfighting capability to Sailors and Marines."

Coincidentally timed with the kickoff of the Centennial of Naval Aviation in San Diego, this milestone represents the Navy's first hands-on experience in its future fighter aircraft with stealth capabilities.

The F-35 Lightning II Joint Strike Fighter program is in the system design and development phase, focusing on delivering three different, new aircraft variants to the U.S. Marine Corps, Navy and Air Force. The integrated test force at Naval Air Station Patuxent River, Md., is focused on testing and evaluation of the F-35B and F-35C.

SECNAV presents three Silver Stars to Naval Special Warfare Sailors

CORONADO, Calif. – The secretary of the Navy presented three Silver Star Medals to Naval Special Warfare Sailors during a visit to NSW commands, Feb. 11.

Ray Mabus presented the awards to recognize the actions of Senior Chief Special Warfare Operator (SEAL) Jared Tuxill, Chief Explosive Ordnance Disposal Gerardo Sosa and Chief Special Warfare Operator (SEAL)

Joseph Molina, while they were deployed to Afghanistan in direct support of Operation Enduring Freedom.

"The awards that I presented today recognize uncommon heroism and uncommon valor," said Mabus. "It shows the skill level, the dedication and the patriotism, and it's one of the best things I get to do - to recognize the people for what they do for us."

While the awardees were acknowledged for their courageousness and nerve in combat, they were both humbled and honored to receive their awards directly from the SECNAV.

"It's an honor to have the secretary of the Navy award me the Silver Star," said Sosa. "I'm sure he has a lot on his plate; for him to make the time to be here today means a lot. It's a reflection of all the hard work everybody in our community has accomplished."

The Silver Star is awarded for gallantry in action against an enemy of the United States, while engaged in military operations with a friendly force. It is the fourth highest military honor that can be awarded to a member of the U.S. Armed Forces, and the third highest awarded for valor.

Three bronze stars with combat "V" were also awarded to Chief Petty Officer Molina, Lt. Cmdr. John Green and Chief Special Warfare Operator (SEAL) Thomas Shea, for their actions while deployed in support of Operation Enduring Freedom.

The Bronze Star is awarded for bravery, acts of merit, or meritorious service. It's the ninth-highest military award in the U.S. Armed Forces and the fourth-highest combat award given for bravery.

The valor device, or combat "V," establishes the award as resulting from an act of heroism in combat.

Since 9/11, NSW personnel have been awarded 77 Silver Stars and 765 Bronze Stars for their contributions in Iraq and Afghanistan.

After the ceremony, Chief Petty Officer Mabus was presented with a memento boat paddle by Rear Adm. Garry Bonelli, deputy commander Naval Special Warfare Command to commemorate the event.

Spangdahlem named best Air Force installation

SPANGDAHLEM AIR BASE, Germany – Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz announced Spangdahlem Air Base, Germany, as the 2011 Installation Excellence Award recipient Feb. 15.

The base will receive \$1 million for quality-of-life improvements.

"Congratulations to (everyone) - from the Airmen and their family members to the civilians, contractors and our neighbors in the German community - for being awarded the 2011 Commander in Chief's Installation

Excellence Award," said Col. Christopher Weggeman, the 52nd Fighter Wing commander. "Now, . . . as the most outstanding installation in the U.S. Air Force, we have the opportunity to make quality-of-life improvements with the \$1 million prize."

The Installation Excellence Award, which was initiated in 1984, recognizes "the outstanding efforts of the people who operate and maintain Department of Defense installations, and effectively use their resources to support the mission," according to the Air Force secretary and chief of staff's announcement for the award.

"The (Spangdahlem AB) family continues to shatter my every expectation in so many ways," Colonel Weggeman said. "This victory is the validation of our ethos -- I am proud to be a part of this installation, and I know this award is truly deserved."

Along with the Installation Excellence Award, 100 units and individuals were recognized as special recognition winners. This secretary of defense award recognizes units, teams, projects and individuals for outstanding support of installation excellence. Individual special recognition winners are awarded the Air Force Recognition Ribbon or the civilian recognition lapel pin.

"It's the outstanding Airmen who make an installation outstanding," the commander said.

Fuel savings officials plan to broaden impact

SCOTT AIR FORCE BASE, Ill. – Members of the Air Force's Fuel Efficiency Office plan hosted their first service-wide Aviation Operations Energy Steering Group summit here Feb. 16 and 17.

Representatives from all Air Force major commands were invited to attend the summit. The event was the first major meeting across the MAJCOMs, hosted by members of the AMC FEO, who discussed ideas and lessons learned with counterparts.

"We've been designated the 'champion' by the folks at Headquarters Air Force for aviation operations fuel efficiency," said Col. Kevin Trayer, AMC FEO deputy director. "We think a lot of what's being done here (at AMC) can translate into other commands."

Since 2008, AMC has saved \$83 million in aviation fuel costs through fuel conservation efforts, said Col. Bobby Fowler, FEO director.

The FEO was chartered in such a way that mobility air forces could learn from fuel efficiency achievements in the civilian industry. Reservists who also work as airline pilots, such as Colonel Trayer, bring valuable insight to the Air Force fuel conservation effort.

"We've flown in an environment where energy is a consideration in everything we've done, because it directly affects the bottom line," Colonel Trayer said. "So, to transition that experience and put it inside the paradigm of military aviation (has) been a challenge, but it's also shown great benefit."

One of the lessons learned from the commercial industry is that tracking fuel efficien-

cy data is vital. This tracking is critical to any fuel efficiency program and will be needed in most Air Force major commands.

The Web-based fuel tracker they implemented was among the first AMC FEO initiatives. During a mission, aircrew members gather critical information for the database. The tracker serves as a major source of the necessary data for AMC's program, and is a stop gap manual effort while AMC experts work to enhance the Aircraft Communication and Reporting System, which will provide the required data automatically.

While AMC officials understand manual reporting is not the desired end state for data collection, it does serve the purpose of focusing the crews on their use of aviation fuel, which assists the command in attaining the culture change necessary for long-term success.

Another AMC FEO initiative that might resonate with other major commands is working with Air Force Materiel Command to pursue new technologies, such as upgraded or new engines for older airframes, and staying on top of Federal Aviation Administration initiatives.

One of the FAA's new mantras as they bring on new technologies is "better equipped is better served," Colonel Fowler said.

"(Airline officials) are going out and looking at the things FAA is requiring for future aviation to bring on what's now called NextGen, where I can truly navigate on my own to get from point A to point B without the current airspace limitations, so I can pick the most fuel efficient route to get there," he said.

"NextGen is both an opportunity and a possible pitfall for the MAF because those who do not equip their airplanes end up with what's left from an airspace perspective," said Lt. Col. Eric Lepchenske, a fuel efficiency officer who is also a reservist and airline pilot.

"If we delay implementation of these important modifications to our fleet, the possible savings to be gained from NextGen become a bill to pay as we are relegated to less efficient altitudes and flight routings," Colonel Lepchenske said.

"The FEO is conducting a business case analysis to determine what the cost to equip mobility aircraft to fly in that airspace will be, versus the cost of being relegated to flying undesirable flight profiles," Colonel Fowler said.

The office staff also is engaging with FAA officials on the future concept of optimum profile descents.

"Traditionally, at a busy airport like Charleston Air Force Base, S.C., airplanes arrive from any direction and a controller on the ground will sequence them into a kind of box and put them in line," said Colonel Lepchenske. "As more airplanes show up, the line gets longer, and delays occur."

"What they've done now is helped automate some of that by using a computer to predict when some of those guys are going to hit certain points in the airspace," he said. "Then there's one descent profile to the active runway that everyone will use."

This week in Navy history

Courtesy of Joint Base Charleston Public Affairs

Feb. 13, 1854 - Admiral Perry anchored off Yokosuka, Japan, to receive the Emperor's reply to a treaty proposal.

Feb. 14, 1778 - John Paul Jones on USS Ranger received the first official salute to the U.S. Stars and Stripes flag by a European country at Quiberon, France.

Feb. 15, 1898 - The U.S. battleship Maine blew up in Havana Harbor, Cuba.

Feb. 16, 1804 - Lt. Stephen Decatur, with volunteers from frigate Constitution

and schooner Enterprise, entered Tripoli harbor by night in the ketch Intrepid to burn the captured frigate Philadelphia. Decatur's raid succeeded without American losses.

England's Lord Nelson called the raid "the most daring act of the age."

Feb. 17, 1864 - Confederate submarine H.L. Hunley sank USS Housatonic.

Feb. 18, 1944 - An amphibious force under Rear Adm. Hill landed troops on Engebi Island, Eniwetok.

Feb. 19, 1945 - Marines with naval gunfire support landed on Iwo Jima; the island was secured March 16 March.



This week in Air Force history

Courtesy of Joint Base Charleston Public Affairs

Feb. 13, 1959 - The 5th Bombardment Wing at Travis Air Force Base, Calif., received Strategic Air Command's first B-52G. This model had more fuel tanks to increase its non-refueled range from 6,000 to 10,000 miles.

Feb. 14, 1939 - The XB-15 flew a mercy mission from Virginia to Chile in 29 hours, 53 minutes.

Feb. 15, 1948 - The XF-87 made its first flight at Edwards Air Force Base, Calif.

Feb. 16, 1966 - Air Force Chief of Staff Gen. John P. McConnell presented astronaut wings to Col. L. Gordon Cooper, Col. Frank Borman and Lt. Col. Thomas P. Stafford.

Feb. 17, 1999 - The first C-130J transport arrived at Keesler Air Force Base, Miss. for assignment with the 403rd Wing.

Feb. 18, 1977 - The Space Shuttle made its first captive flight atop a modified Boeing 747.

Feb. 19, 1993 - The 64th Flying Training Wing launched the first student sortie in the new T-1A Jayhawk trainer aircraft.



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Can you hear me now?



Senior Airman Amos Hommel inventories a land mobile radio from a storage container at the transmissions systems office Feb. 11, 2011 on Joint Base Charleston, S.C. Inventory must be taken annually to ensure accountability for more than 1,200 LMRs in operation on JBCHS.

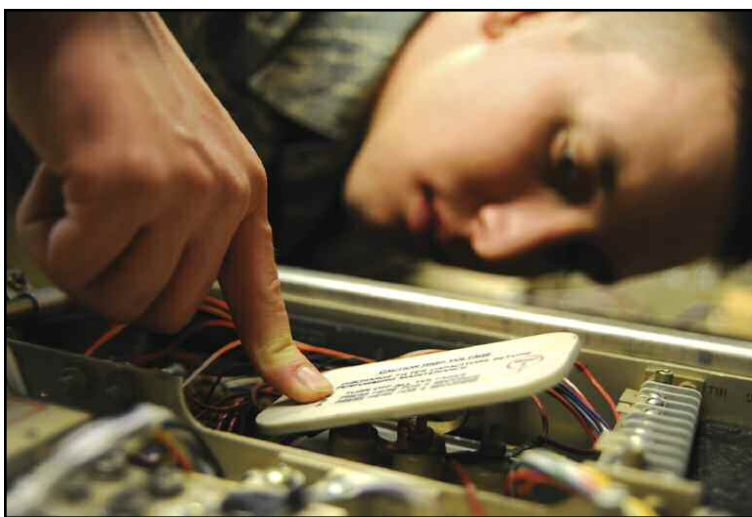
Airman Hommel visually inspects a tuning cavity or "squirrel cage" on a GRT-22 radio amplifier as part of a periodic maintenance inspection at the transmissions systems office Feb. 11, 2011 on Joint Base Charleston. Checking for obstructions, corrosion and anything out of the ordinary is crucial to maintaining the units functionality over a long period of time.



Senior Airman Amos Hommel connects a programming cable to a land mobile radio at the transmissions systems office Feb. 11, 2011 on Joint Base Charleston, S.C. Each LMR has to be individually programmed with the proper channels and functions for the squadron that will be using it. Airman Hommel is a Radio Frequency Transmissions Systems Technician with the 628th Communications Squadron.



Airman Hommel performs a meter calibrations on a GRT-22 radio amplifier during a periodic maintenance inspection at the transmissions systems office Feb. 11, 2011 on Joint Base Charleston, S.C. The PMI is performed at designated dates throughout the year to ensure the equipment is functioning properly over an extended period of time.



Airman Hommel discharges a high voltage capacitor on a GRT-22 radio amplifier at the transmissions systems office Feb. 11, 2011 on Joint Base Charleston, S.C. The amplifier boosts the ground to air radio's power from t10 watts to 50 watts allowing it to contact aircraft from a much greater distance.

U.S. Air Force photos by
Senior Airman Timothy Taylor

Website links unemployed Vets, spouses to jobs

WASHINGTON – Unemployed veterans, wounded warriors, reserve-component service members and their spouses searching for jobs can find one-stop shopping at a web portal designed just for them.

Operated by the Army Reserve, the military-friendly Employee Partnership of the Armed Forces at <http://www.EmployerPartnership.org> lends assistance not only to those looking for a job, but also to public and private employers who are ready to hire former service members and help to support the troops, said Maj. Gen. Keith L. Thurgood, deputy chief of the Army Reserve.

"It's all about connecting supply and demand," General Thurgood said. Employers are attracted to veterans because they are highly skilled leaders from the finely tuned military atmosphere, the general explained.

"That's the crux of the program," General Thurgood said. "It's a mutually beneficial program where the employer gets someone who's drug-free, understands collaboration, [and] can think strategically and act at a tactical level to get the job done."

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, is a longtime advocate of hiring veterans.

"Veterans bring a maturity. They bring leadership. They bring a life experience," he said last year. "They bring a dedication they may not have had when they were 17, 18 or 19 years old, when they were coming out of high school or in the first couple years of college."

General Thurgood said the portal, launched on Veterans Day, still is in its infancy, but already has 7,500 registered users.

"We've got more than 1,300 [employers with job openings], including 95 Fortune 500 companies," he said.

While many job websites exist on the Internet, General Thurgood said, veterans should know EmployerPartnership.org offers a personal touch, such as a resume-building feature that translates military language into civilian terms. Deciphering "military speak" is a common concern for human resources people in the corporate world, the general added.

"We take [a military specialty] and translate it into something an HR professional can understand," he said. "That's a very important piece of what we do."

And it's not just about the military, General Thurgood said.

"It's about a national program we need to put in place to share this great resource that we call people, because if you look at the unemployment rate, and the demographic of 18-to-24-year-olds, and then break that down into veterans, it's higher than the national average."

And sometimes, he added, the rate of unemployment among veterans is twice of the rate among civilians.

"We have ability to reach out to you personally to help you get your resume right, help you through the interview process, and make the right connections with employers," the general said. "The personal touch is something we provide that nobody else does."

The portal also has advice for veterans who want to start a business, General Thurgood noted, offering training that explains how to become a smarter business person and entrepreneur.

"It's free, it's easy, and it's a great way for us to connect the great skill sets that we bring to corporate America," he said. "In my opinion, our great military does two things well: it delivers results and grows leaders. That's exactly what America needs."

Troops urged to quit smokeless tobacco

FALLS CHURCH, Va – When the Defense Department weighs in on kissing

and spitting, it's with good reason -- two good reasons, in fact: love and health.

Using smokeless tobacco can pose a stinky, unsavory obstacle to sharing a kiss with a loved one, parent, child or sweetheart. It also may cause a slew of serious health problems. That's why TRICARE wants military personnel to participate in the Great American Spit Out Feb. 24, and kiss the spit goodbye for a day.

About 19 percent of 18- to 24-year-old men in the armed forces use smokeless tobacco - that's more than double the national rate. The DoD Quit Tobacco - Make Everyone Proud campaign at www.ucanquit2.org is focusing on helping those who spit and chew tobacco to develop a personalized cessation plan.

"Many of our servicemen started using smokeless tobacco at a young age due to peer pressure and became addicted before realizing the negative effects it could have on their personal relationships and health," said Navy Cmdr. (Dr.) Aileen Buckler, a U.S. Public Health Service officer and chairman of the DoD Alcohol and Tobacco Advisory committee.

Throughout the month of February the DoD website will host a special Great American Spit Out page, www.ucanquit2.org/facts/gaspo/, where service members can publicly post their pledge to quit.

Also on the website, Navy Capt. (Dr.) Larry Williams, public health emergency officer, will answer questions about smokeless tobacco. Installations planning cessation events will find ideas, an event registration page, pledge cards, and downloadable promotional materials.

Service members and their friends, families and other supporters are invited to join the event on Facebook at www.facebook.com/ucanquit2.org. Those planning to quit can get a "Kiss me, I'm Tobacco Free" badge to post on their Facebook page.

The website will showcase graphic photos of the devastating effects of surgery for oral cancer, which has been linked to smokeless tobacco use. Those who use smokeless tobacco are marked by bulging cheeks, gunk stuck in teeth, permanently discolored teeth, and spitting cups - all universally unappealing. Visitors will also find hard-hitting facts that dispel the myth that smokeless tobacco is a safe alternative to smoking. For example, almost half of those who contract oral cancer die within five years, and one American dies from oral cancer every hour.

"Don't let spitting and chewing get in the way of your personal relationships," Commander Buckler urged. "Take this opportunity to do something for yourself and those you love. Kiss smokeless tobacco goodbye and experience the benefits to your social life and health."

Enrolling in the website's comprehensive support system, Train2Quit, can be the first step in the journey to saying goodbye to smokeless tobacco. The system features interactive components such as quit tools, self-assessment questionnaires, and quizzes.

Service members can create a customized quit plan with a calendar to track progress and learn how to beat cravings, overcome weight gain and cope with nicotine withdrawal. The site also has personal quit coaches, available 24/7, to get answers to questions about becoming tobacco free.

Mother and son serve together

KANDAHAR, Afghanistan – It was 4 a.m. when she settled in to watch the Pittsburgh Steelers play the Green Bay Packers. Technically, it was Super Bowl Monday for her.

Navy Petty Officer 1st Class Crystal Hoel, an intelligence analyst for the 3rd Naval Construction Regiment, is a native of Mechanicsburg, Pa. The timing of live television programs often makes them impossible to watch while she's deployed, but this was an event she was not going to miss.

The military had made the Reservist miss several things over the years, but she wasn't about to miss this. As she sat in Afghanistan, soda in hand and surrounded by co-workers, she had a very special guest by her side: her son.

Attached to the naval air facility in Washington, D.C., Hoel had been deployed for months when she got word that her son, Marine Corps Cpl. Adam Hoel, attached to the Naval Computer and Telecommunications Area Master Station, Kunia, Hawaii, would be joining her here.

"Mom was already in Afghanistan when I got my orders, and I was very excited when I found out I was going to the same base," Corporal Hoel said. "When you're in the military, it's hard to see your family, and it was really good to know I would be close to her."

The corporal's mother recalled his arrival. "I cried when I first saw Adam," she said. "Our first meeting was at one of the dining facilities on base at about 7 p.m. on New

Year's Eve. It was the first time I had seen him since leaving my home in early June to deploy. What a great New Year's gift!"

Although this is Corporal Hoel's first deployment, it is his mother's second. "Of course she has been giving me advice," said Corporal Hoel, who graduated from Mechanicsburg Area High School in 2008. "No way could she resist doing that."

Petty Officer Hoel said that was only natural.

"My mothering instincts are to want to protect and keep him safe," she said. "Make sure he understands his job, hope he likes his job, make sure he is taking time out for himself and has his room set up so he is comfortable there. But at the same time, he is a grown man and a Marine, so I have to stifle that."

Corporal Hoel joined the Marine Corps delayed entry program in June 2007, when he was 17. He left for boot camp July 13, 2008. He was destined to join the Corps, he said. After all, his father was a Marine, and so was his mother, before a break in service and a path that eventually led her back into the military, only this time in the Navy, when Corporal Hoel was in 10th grade.

"I was happy for her, but also a little nervous, of course," he said. "But I supported her decision, because I just wanted her to be happy in what she was doing. I will continue to support her, but I will tell you that Christmas sucks when she is not there with us."

Petty Officer Hoel's service in the Marine Corps and then continued service years later in the Navy played an important role in Corporal Hoel's decision to join the Marines.

"Adam has wanted to be a Marine since he was a little boy, so a deployment to a kinetic area was an inevitable part of his future," she said. "I know that and support him fully, but it doesn't mean I have to like it."

Her son said the example his parents set made an early impression on him.

"I always knew I would want to defend my parents just like they did for others when I was younger," he said. "I also joined because I love my country and wanted to give something back. I knew the Marines would take care of me and make me into a better man."

Now that the two are stationed here together - albeit for a short period of time, since Petty Officer Hoel is due to go home soon, they try to see each other as often as possible.

AROUND THE BASE

Renovation underway

U.S. Navy photo/Machinist's Mate 3rd Class Brannon Deugan

Ship's Serviceman 2nd Class James Ebron, attached to the Naval Support Activity on Joint Base Charleston - Weapons Station, lines up a chop saw to cut a piece of molding trim that will be used during a refurbishment project of the Unaccompanied Personal Housing offices on JB CHS - WS, Feb. 16.

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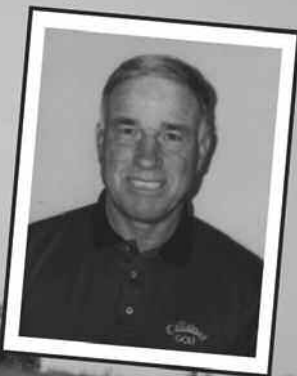
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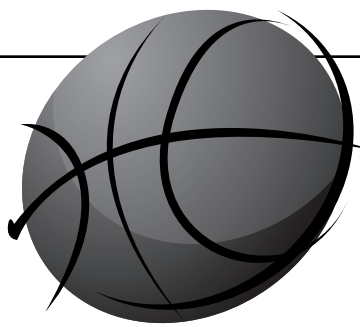


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Intramural basketball schedule

By Airman Jared Trimarchi
Joint Base Charleston Public Affairs



Current standings


- 628th Logistics Readiness Squadron: 8 - 1
- 437th Maintenance Squadron: 7 - 2
- 628th Security Forces Squadron: 6 - 3
- 628th Communications Squadron: 6 - 4
- 315th Airlift Wing: 5 - 4
- 628th Force Support Squadron: 4 - 4
- 628th Civil Engineer Squadron: 4 - 5
- 628th Medical Group: 4 - 5
- 437th Aerial Port Squadron: 3 - 6
- 628th Comptroller Squadron: 3 - 6

Scores

Feb. 8 - 5:30 p.m. 437MXS vs. 315 AW: 66 - 58
Feb. 8 - 6:30 p.m. 628 LRS vs. 628 CS: 38 - 28
Feb. 8 - 7:30 p.m. 628 SFS vs. 628 CES: 38 - 19
Feb. 9 - 5:30 p.m. 437 MXS vs. 628 MDG: 59 - 51
Feb. 9 - 6:30 p.m. 628 CS vs. 437 APS: 52 - 46
Feb. 9 - 7:30 p.m. 628 LRS vs. 315 AW: 63 - 47
Feb. 10 - 5:30 p.m. 437 MXS vs. 628 SFS: 37 - 36
Feb. 10 - 6:30 p.m. 628 CPTS vs. 437 APS: 43 - 24
Feb. 10 - 7:30 p.m. 628 CS vs. 628 CES: 45 - 29

That Guy.com

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Crossword answers to puzzle on page 23

E	R	I	M		E	S	N	E	L		E	R	V	A	L
G	E	R	D		I	B	I	T	V		L	V	E	N	
D	G	M			D	V	T	V	S		V	C	U		
I	V				C	O	H								
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L	V	T	S			C	V	V	S	I			E	R	V
S	S	E	C			I	S	P	E	P			R	A	S

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Air Base Briefs



Special Notice

Anyone having knowledge of claim for or against the deceased estate of Staff Sgt. Tony L. Wilkins, 628th Civil Engineer Squadron, may contact Summary Court Officer 2nd Lt. William Hay at (843) 963-4947 (office), (843) 338-3282 (cell) or e-mail william.hay.1@us.af.mil.

Events

Tuesday

❑ *Extreme Couponing*: Learn how to maximize your shopping dollar with Extreme Couponing, Feb. 22 from 11 a.m. to 1 p.m. at the AFRC Bldg. 500. Call 963-4406 to sign up.

Wednesday

❑ *Team Charleston Spouses Club*: The next event is the Tea and Lunch social at Time Well Spent in Summerville, Feb. 23 at 11 a.m. Kathy Knichel, from Joint Base Charleston Protocol will share fun and useful protocol tips! Wear fun attire such as inexpensive prom-style dresses with floppy hats and gloves for women, slacks with fun-themed shirt for men. RVSP to clavennas@air-forcefamily.us. The event is February 23rd at 11:00 a.m. Cost is \$13.50 (tax and gratuity included).

❑ *Financial Focus Day*: Get a copy of your free credit score & report (military & dependents only), a free financial analysis, free shredding of personal documents & credit cards at the Financial Focus Day at the AFRC Feb. 23, Bldg. 500 from 8 a.m. to 4 p.m.

❑ *Financial Trivia Contest*: If you're an E-1 through E4s, join us at the Gaylor Dining Facility, Feb. 23 from 5:30 to 6:30 p.m. for an hour of fun-filled excitement and test your financial trivia skills! Teams of no more than five. The winning team wins \$250 cold-hard cash!

Thursday

❑ *The Career Status Bonus/REDUX*: Is it a wise choice? Make an informed decision, Feb. 24 from 3:30 to 4:30 p.m. at the AFRC. Learn whether or not the CSB/REDUX is the best retirement choice before you make a decision you may regret. Call 963-4406 to sign up.

❑ *TrySports Running Clinic*: This free clinic is led by a U.S. Track and Field certified coach. The next clinic is Feb. 24 at the HAWC and is open to the Joint Base population. Call 963-4007 for more information.

Friday

❑ *Budget your way to financial freedom*: Learn how something as simple as budgeting can help you get organized financially and accomplish your financial goals, Feb. 25 from 8 to 10:30 a.m. Briefing is held at the AFRC. Call 963-4406 to register today!

Feb. 26

❑ *Charleston spouse orientation to the U.S. Air Force*: If you're a military spouse, join us for a fun time learning about the AF mission, culture, traditions, military language, benefits and services while making new friends. Childcare issues will be addressed at time of registration. Orientation is Feb. 26 from 11 a.m. to 4 p.m. Call the AFRC at 963-4406 to register. RSVP by Feb. 18.

Feb. 28

❑ *Key Spouse quarterly update*: To have access to the latest, most pertinent spouse information, Squadron Key Spouses and Mentors are invited to attend this quarterly Key Spouse Update at AFRC, Feb. 28 from 6 to 7 p.m. Please call 963-4406 to register.

March 2

❑ *The Thrift Savings Plan simplified*: Civilians and military can learn about the pros of enrolling in the TSP, what it can do to help supplement your retirement income and how to invest based on the lifecycle financial planning concept. Briefing held at the AFRC March 2 from 8 to 9:00 a.m. Call 963-4406 to sign up today.

❑ *Sponsor training*: Learn the keys to being a good sponsor and brush up on all the latest relocation information for JB Charleston, March 2 from 8:30 to 9:30 a.m. Training is held at the AFRC. Call 963-4406 to sign up today.

March 3

❑ *Newcomer's tour*: Join other JB Charleston Newcomers in this fun, free bus tour of downtown Charleston and the surrounding area, March 3

from 8:15 a.m. to 3:30 p.m. The bus departs from Military & Family Readiness Center, Bldg. 500, JB CHS Charleston Air Base. Call 963-4406 to reserve your seat on the bus.

❑ *Exceptional Family Member program support group*: Civilians and military members who are enrolled in the Exceptional Family Member Program and their dependents are invited to participate in this support group to discuss concerns, share ideas and gain support, March 3 from 6 to 7:30 p.m. Call the Military and Family Readiness Center at 963-4406 to register or for more information.

March 12

❑ *Education grant program*: Time's running out as the application deadline for the 2010-2011 Gen. Henry H. Arnold Education Grant Program is March 12. Download the application form from the Air Force Aid Society's web site at www.afas.org. Look under Education and Arnold Grant. Fill out the application, print it, attach required documents and put it in the mail today. Don't pass up this chance to help pay for your family's education with a \$2,000 grant! For more information please call 963-4406.

Special Announcements

❑ *Joint Base Charleston Air Force hockey team*: If you are interested in playing organized ice hockey at the Carolina Ice Palace adult B league contact Airman 1st Class James Richardson at 832-4951 or james.richardson.us.af.mil, or Master Sgt. Jeff Cliff at 822-0165 or jeffrey.cliff@us.af.mil.

❑ *Coupon exchange*: Save money in the new year. The Airman and Family Readiness Center has a coupon exchange that is open to all ranks. Bring in your unused coupons between 10 a.m. and 2 p.m., Monday through Friday and help yourself to coupons for you and your family. For more information on the coupon exchange, call 963-4408.

❑ *Stress coping workshops*: Learn how to cope with life's stresses without pulling your hair out. Workshops meet the second Wednesday of every month from 3:30 to 4:30 p.m. in the Health and Wellness Center classroom and are open to everyone. Call 963-4007.

❑ *Sleep habits*: On average we spend one third of our lives asleep. Shouldn't you know more about it? Learn effective sleep habits and how to get your best zzzzz's. Workshop meets the fourth Wednesday of every month at 3:30 to 4:30 p.m. in the HAWC classroom and is open to everyone. Call 963-4007.

Education and Training

❑ *Funding change to testing*: Effective Nov. 20, Defense Activity for Non-Traditional Education Support will only fund a military member's initial examination fee for each subject College Level Examination Program, DSST, previously known as the DANTES Subject Standardized Tests, and Excelsior College Examinations exams. Due to the change, all military members taking CLEP, DSST or ECE examination on or after May 20 will be informed they will not be allowed to retest with DANTES funding, on that specific exam, if they do not obtain their desired passing score. However, re-testing will continue to be available on a personally-funded basis. Individuals who took a test prior to May 20 must retest prior to Dec. 11. For additional background and details, call 963-4579.

❑ *Records management training*: Records management training is scheduled the last Tuesday of every month in the conference room of the 2nd floor in Bldg. 302 from 8:30 to 9:30 a.m. Members can sign up on the Enterprise Information Management website. For any questions or concerns, contact Airman 1st Class Francisco Bastian or Airman 1st Class Miguel Batista at 963-8270.

Meetings and Registrations

❑ *Healthy Thinking Workshop registration*: Do you find yourself feeling angry or stressed more often than you would like, or regret how you act when you are upset? Do you wish you could express yourself more clearly and be more assertive? Consider registering for the Healthy Thinking Workshop. The workshop is divided into four, 90 minute sessions held on consecutive Wednesdays from 10 to 11:30 a.m., with a new group beginning the first Wednesday of every month. To sign up or for more information, contact Family Advocacy at 963-6972.

To submit a news brief, send an e-mail to patriot@charleston.af.mil. Make the subject line "NEWS BRIEFS." Submissions must be received no later than close of business the Friday prior to publication.



Events

Tuesday

❑ *Career Connection*: If you are transitioning from the military, or your spouse is seeking employment, check out the Career Connections workshop offered at the Fleet and family Support Center, Bldg. 755. Basic Resume Writing is Feb. 22, from 10 to 11 a.m.

❑ *TSP for Military*: Learn about the pros of your Thrift Savings plan and what it can do for you. Learn about the different funds available and how each work. Join us for our Military TSP class Feb. 22, from 4 to 5:30 p.m. at the FFSC. To register or for more information, call 764-7480.

Wednesday

❑ *Advance resume writing*: Receive the latest information and helpful hints for creating an eye-catching resume by attending an Advance Resume Writing seminar at the FFSC, Bldg. 755, Feb. 23, from 1 to 3 p.m. This seminar provides expertise by a guest speaker from the human resources community and allows you the opportunity to ask questions, interact with others, and have your resume reviewed and critiqued. Call 764-7480, to register.

❑ *Learn and Earn Carnival*: Do your children think money grows on trees? Well bring them out to our 3rd Annual Learn and Earn Carnival Feb. 23, from 3:30 to 5:30 p.m. at the Menriv Soccer Fields. They can participate in activities to help teach them financial awareness. For more information, call FFSC 764-7480.

Special Announcements

❑ *Wise credit Choices*: Did you know that your credit score is a huge deciding factor for interest rates, mortgages, insurance costs, employability, loans, deposits, etc.? Many people are unaware of the impact debt can have on not just your financial life, but your whole life. Call our Personal Financial Manager at the FFSC for an appointment at 764-7480.

❑ *Women's personal training offered*: The Weapons Station fitness program is offering women's small group personal training free of charge at Sam's Gym. The service is offered Monday-Friday from noon to 1 p.m. and 5 to 6 p.m., and focuses on muscular strength, endurance and increased functionality of gross body movements. This program is offered to all fitness levels, so bring some water and a positive attitude and be ready to work. Call 764-4173 for more information.

❑ *Developing your spending plan*: Let a financial education specialist at the FFSC on Joint Base Charleston-Weapons Station provide you the tools and resources needed to develop a financial plan of your dreams. The purpose of a financial plan is for you to determine where you are now, where you want to go and how you plan to get there by starting today. Contact the FFSC 764-7480 for more information.

Updates and Notices

❑ *Volunteer needed for pre-schooler's program*: Do you have a couple of hours per week to spend volunteering at the library for our pre-school program? This program is designed for pre-schoolers with story time, crafts and a lot in interaction. Parent or guardian must attend. The program meets on Thursday mornings from 10:30 to 11:30 a.m. For more information, call 764-7900.

❑ *NSA Library is a computer "Hotspot"*: The Naval Support Activity Library is a computer "hotspot" for wireless-ready laptop work and surfing the web from a patron's personal computer. Some service providers charge for this convenience; it's free at the Library. Just show up with your wireless-ready laptop, equipped with a network card, find yourself a seat anywhere in the building, and go to work.

❑ *MWR's Recycling Department calling for all metal*: Containers for empty aluminum cans are located throughout the Naval Support Activity. Aluminum cans are the mainstay of the recycling program; however, all types of metal are accepted. If you have heavy metal products that need to be picked up, call the Recycling Department at 743-0510. Remember, all recycling proceeds go towards enhancing your Morale, Welfare,

Recreation facilities and programs.

❑ *Used DVD's?*: Do you have DVDs you have viewed that are just setting around gathering dust? Why not donate them to the library so others can enjoy them. Drop them by the library or use the after- hours book drop box.

❑ *Become a Family Child Care Provider*: Do you like children? Need extra cash? The Family Child Care program offers you a chance to provide childcare in your home. The options available to Family Child Care providers are numerous and include:

- Before/after school care
- Part-time/drop-in care
- Full-time care for infants, toddlers or pre-school ages
- Evening and weekend care

As an FCC provider, you determine your fees and hours. Although the Navy determines the maximum childcare ratios, you can choose and interview families that have children fitting the hours and ages you are looking for. If interested or for more information, please call 764-7347.

❑ *Parents ... need a night out?* The Child Development Homes program has certified providers available for Friday night child care. Call the CDH office for a list of available providers at 764-7347.

❑ *Resale vehicle lot*: Selling a car, truck, camper, boat or motorcycle? MWR's "Hot Deals on Wheels" used vehicle lot offers the only authorized place to display vehicles for sale on Naval Support Activity. The lot is located near Red Bank Road in the New Wave Pool parking lot. The cost is \$8 per week for military and immediate family and \$10 per week for retirees and DoD civilians. Reservations and payment are accepted at the Information, Tickets and Tours Office. Call 764-2120.

❑ *"Early Bird" drop-off service*: The Auto Skills Center, located on Fletcher Street, offers "Early Bird" drop-off service for your convenience. Vehicles in need of service can be dropped off prior to our normal operating hours using the key drop-box, located outside the facility. Patrons can simply fill out the provided envelope with an explanation of the mechanic services needed, place the vehicle keys in the envelope, and drop them in the box. Then all you have to do is call the Auto Skills Center during their normal operating hours to receive an estimate or to provide any additional information concerning the work needed. At the end of your busy workday, stop by and pick up your serviced vehicle and "off you go!"

Meetings and Registrations

❑ *Join the Redbank Plantation Golf Association*: The Redbank Plantation Golf Association invites you to become a member at a cost of only \$20 per year. Benefits of the Golf Association membership include: USGA Handicap, participation in monthly tournaments, participation in Association Club Championship and participation in the Association Blitz. Membership is open to all military and civilian golf patrons. Membership applications are available in the golf course club house. Applications and payment may be placed in the silver locked box near the Pro Shop. For more information contact Tournament Chairman Tina Bohannon at tinab@sc.rr.com or call the Pro Shop at 764-7802.

Education and Training

❑ *Judo & Jujitsu classes*: Free to active duty military. Get in shape, build self confidence and learn self defense with Judo and Jujitsu classes. Classes are held in the group exercise room Bldg. 725 and are free to active duty military and \$2 per class for all others. Judo classes are offered Monday and Wednesday from 7 to 8:30 p.m. Jujitsu classes are offered on the first Friday of each month from 7 to 8:30 p.m. and on Saturday from 10 a.m. to noon. For more information, contact Nancy Haynsworth at 764-4067.

❑ *Free MWR Fitness Classes*: Did you know that MWR offers group exercise classes free of charge to active-duty military and only \$2 per class for all other patrons? A variety of classes such as yoga, spinning, step and sculpt and more are available in the Group Exercise Room, located in Bldg. 725 next to the Post Office. Call Sam's Fitness Center at 764-4173 for more information.

Recreation

❑ *BINGO*: If you like to play BINGO, Marrington Bowling Center has two great ways for you to play! Enjoy Quick-Play (electronic) BINGO in our game room or stop by the front desk to purchase Bonanza Bingo cards where the numbers change daily.

See more briefs at www.charleston.af.mil

Family Events is dedicated to family activities. To submit an activity, send an e-mail to patriot@charleston.af.mil. Make the subject line "Family Events." Submissions must be received no later than close of business the Friday prior to publication.

Joint Base Charleston - Air Base

❑ **Child and Youth art show:** The Joint Base Charleston - Weapons Station Teen center is hosting a Child and Youth Art Show, Feb. 25 from 3:30 to 4:30 p.m. Admission is free. The show is open to family members of eligible JB CHS patrons only. Art submissions are being accepted at the Youth Center Bldg. 788, Feb. 21. Call the Youth Center at 764-7808 for more information.

❑ **Family climbing day:** Climb the highest indoor wall of Joint Base Charleston. Bring your family & friends for a fun-filled day of wall climbing at JB Charleston - Air Base's Outdoor Recreation Center, Feb. 27 from 9 a.m. to 3 p.m. Join us after church and we will guide you and your family on a fun climbing experience for just \$3 per person. Contact ORC for more information at 963-1672.

❑ **Exceptional Family Member program support group:** Civilians and military members who are enrolled in the Exceptional Family Member Program and their dependents are invited to participate in this support group to discuss concerns, share ideas and gain support, March 3 from 6 to 7:30 p.m. Call the Military and Family Readiness Center at 963-4406 to register or for more information.

❑ **Education grant program:** Time's running out as the application deadline for the 2010-2011 Gen. Henry H. Arnold Education Grant Program is March 12. Download the application form from the Air Force Aid Society's web site at www.afas.org. Look under Education and Arnold Grant. Fill out the application, print it, attach required documents and put it in the mail today. Don't pass up this chance to help pay for your family's education with a \$2,000 grant! For more information please call 963-4406.

❑ **Summer swim lessons:** Summer swim lessons registration begins April 13 at 9 at the Outdoor Recreation Center, Bldg. 647. Summer 2011 Learn-to-Swim class schedule is as follows:

- Session I June 7 - 17 • Session II June 28 - July 8 • Session III July 19 - 29
- The 45 minute lessons will be held during each session from 9 to 9:45 a.m., 10 to 10:45 a.m. and 6 to 6:45 p.m.
- The Parent & Infant (Mom & Tots) class will be from 6 to -6:30 p.m. during Session III, July 19 to 29.

All classes will be at the Joint Base Charleston - Air Base pool. The cost is \$35 per participant.

❑ **Free family craft nights:** Join your favorite Arts and Crafts staff every month for a free hour of family fun and creativity. Each month we'll feature a new take-home craft everyone can help make or build. Family craft nights are held Wednesday nights from 5:30 to 6:30 p.m. Dates for upcoming sessions Mar. 11 and Apr. 6. Call 963-4936 for more details.

❑ **Story and craft hour:** Join us every Tuesday on Joint Base Charleston - Air Base for a free toddler story and craft hour at 10 a.m. Every session features stories, crafts and finger plays. For more details or to register, call 963-3320.

❑ **Daycare story & craft hour:** Join us every Monday at 10 a.m. on Joint Base Charleston - Air Base, where we will be reading the same stories and doing the same crafts as the regular story time on Tuesdays, just on a different day. Due to limited seating re-registration is required by the Monday before day care story hour. Call 963-3320 to sign up.

❑ **Girl Scouting:** Girls in kindergarten through eighth grade are invited to join Girl Scout Troop 895 at the Chapel Annex on the second and fourth Tuesdays from 6 to 7:30 p.m. Come join us to have fun, experience new activities and meet new friends. Contact Patti Donahue at 618-363-5230 or pdonahue@sc.rr.com for more information.



Joint Base Charleston - Weapons Station

❑ **Go to the extreme with Xtreme bowling:** Xtreme bowling at Marrington Lanes is held every Friday and Saturday from 9:30 p.m. to 12:30 a.m. The features include a fabulous light show with glow-in-the-dark bowling balls and pins, fog machines, music and dancing. The cost is \$10 per person. Family Night Xtreme Bowling is held every Saturday from 6 to 9 p.m. Family Night features country music, oldies and rock 'n' roll (you can even bring your own favorite CD's if you want).

❑ **Stroller Rollers offers "Fitness for Mom, fun for baby!"** Attention new mothers, now there is a way to get fit while spending quality time with your baby. With the Stroller Rollers program, you'll shape up with a power walk and body sculpting while strolling with your baby. It's a great chance to interact with other new moms. Classes meet at the Naval Support Activity gymnasium on Mondays, Wednesdays and Fridays from 9:15 to 10:15 a.m. Classes are free. Materials are provided. For more information, call MWR Fitness Director Nancy Haynsworth at 764-4067.

❑ **Make your next party a movie party at Cinema One:** Looking for a unique idea for your next group party? Why not make it a movie party? Cinema One offers private showings of your favorite feature films! Cinema One movie parties are perfect for birthday celebrations, command socials, class trips, youth groups and lots more. Movie parties are free to groups of 40 or more (with concessions purchase) and are \$25 to groups of less than 40 people. Simply call for show time availability, choose a movie from our huge library, and get ready to enjoy a unique party experience at a price that can't be beat. Call theater manager, Teresa Stuckey at 764-4107 for reservation information.

❑ **Birthday bowling parties:** Looking for something different to do for your next birthday party? Marrington Bowling Center has birthday bowling parties that are great for kids of any age. Call the bowling center for party options and availability.

Community

❑ **Become an MUSC research hero:** The Pediatric Metabolic Syndrome Study is recruiting overweight children, teens and young adults, age 4 to 21, to assess risk factors for diabetes and heart disease. Participants will receive a free state-of-the-art assessment including a nutrition analysis, lab-work, body composition, metabolic rate and heart ultrasound. Parking is free and compensation is available. Contact Janet Carter, 792-4717 or e-mail catjan@musc.edu.

Movie Schedule: Weapons Station

Movie Theater: Call 764-7516 for individual show times. Admission is free. Doors open 30 minutes prior to each showing.

- ❑ **Unstoppable** - Feb. 18, 7:30 p.m., Rated PG-13
- ❑ **Secretariat** - Feb. 19, 5 p.m., Rated PG
- ❑ **For Colored Girls** - Feb. 19, 7:30 p.m., Rated R
- ❑ **Secretariat** - Feb. 20, 2:00 p.m., Rated PG
- ❑ **My Soul to Take** - Feb. 24, 7:30 p.m. Rated R

Movie Schedule: Air Base

Movie Theater: Call 963-3333 for individual show times. Admission is \$4.50 for adults, 12 years and older, and \$2.25 for children 6-11 years old. "G" rated movies are \$2.25 for children 3-11 years old. Visit www.aafes.com for full movie schedules.

- ❑ **The Fighter** - Feb. 18, 7:30 p.m., Rated R
- ❑ **The Dilemma** - Feb. 19, 7:30 p.m., Rated PG-13

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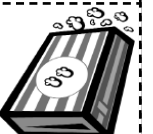
Ticket Prices:

Mon-Thur - \$5 until 4 / \$6 after 4
Fri, Sat, Sun \$5 before 4; After 4, kids \$5 /
seniors and military \$6.50 / adults \$8 /
Additional \$2 feature charge for 3D movies

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I Am Number Four - (PG-13)
Big Momma's House:
Like Father Like Son - (PG-13)
Unknown - (PG-13)
Gnomeo and Juliet - 3D - (G)
Justin Bieber:
Never Say Never - 3D - (G)
Just Go With It - (PG-13)
The Eagle - (PG-13)
The Roommate - (PG-13)
The Mechanic (R)

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Run Buddies needs volunteers at JB CHS

By Eric Sesit
Joint Base Charleston Public Affairs

When First Lady Michelle Obama took up the cause of childhood obesity last year, it resulted in President Barack Obama signing the Healthy, Hunger-Free Kids Act into law Dec. 13, 2010. According to a White House Task Force, one of the goals of the act is reducing childhood obesity from 20 percent to 5 percent during the next 20 years.

In accordance with this act, Ashley Destefano, program manager at the Joint Base Charleston Health and Wellness Center, has discovered a relatively new program in the Charleston area that will enable Joint Base Charleston Sailors and Airmen to help reduce childhood obesity, while also improving their own health and fitness.

"The program is called Run Buddies and it allows JB CHS Airmen and Sailors the opportunity to improve their own fitness while giving back to the community. It's a perfect fit," said Ms. Destefano.

The Run Buddies program matches volunteers with children who need an adult to help guide them to a healthy lifestyle. Adult volunteers sign up to work with a child of the same sex and set the schedule for the duo to

run, walk or engage in some form of exercise on a regular basis. The Run Buddy adult mentor, along with parents, provides a young person with athletic support, counsel, friendship and reinforcement.

"Fighting childhood obesity is a major concern for today's military," Ms. Destefano said. "Overweight and obese children often grow into overweight and obese adults who are unable to meet the requirements for military service. This program is a way we can bridge the gap between reducing childhood obesity and the military community.

"Airmen or Sailors on JB CHS looking for a worthy cause to volunteer their time should seriously take a look at the Run Buddies program. What better gift to give a child than the gift of a lifetime of health," Ms. Destafano said.

Volunteers looking to devote time to help a child get started on his or her fitness goal can go to the Run Buddies website at www.runbuddies.org to sign up. A criminal background check is conducted on all adult applicants for the safety of the children and costs \$30.25 to the individual. Once all the enrollment criteria are met, a volunteer is matched with a child that is looking



to begin the long road to health and fitness. The Run Buddies website provides volunteers with all the resources and training tips they need to become a successful mentor.

"It's important to reverse the trend of childhood obesity," Ms. Destefano said. "The Run Buddies program is a perfect way for our Sailors and Airmen to improve their fitness while doing some very worthwhile volunteer work in our community."

If you are interested in becoming a Run Buddy, contact Ms. Destefano at the HAWC at 963-4007 or go to the Run Buddies website.

DoD takes steps to combat childhood obesity

By Elaine Wilson
American Forces Press Service

WASHINGTON – The Defense Department has joined forces with the nation to combat a childhood obesity epidemic that not only is a matter of health or nutrition, but also is a national security issue, a Pentagon official said.

"When the nation as a whole lacks in this issue, it's pervasive," Barbara Thompson, co-chair of DoD's working group to combat obesity, told American Forces Press Service, noting obesity's impact on everything from recruiting to the nation's health system.

On Feb. 9, First Lady Michelle Obama marked the one-year anniversary of her "Let's Move" campaign, a nationwide initiative to promote making healthy food choices and increasing physical activity within homes, schools and communities. The aim, Mrs. Obama has said, is to solve America's childhood obesity epidemic within a generation.

"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake," Mrs. Obama said at the Let's Move launch last year.

America's childhood obesity rates have tripled in the past 30 years, according to the Let's Move website. Today, nearly one in three American children and about one in four military children are overweight or obese. This issue has a tremendous impact on the health system, and from a military standpoint, it can affect everything from recruiting and retention to the force's ability to fight, said Ms. Thompson, who also serves as the director of the Pentagon's office of family policy, children and youth.

Ms. Thompson cited a report called "Too Fat to Fight," which states that 75 percent of Americans ages 17 to 24 are unable to join the military for various reasons, with being overweight or obese the leading medical cause.

"When you take into account that 50 percent of military youth enter the military or consider entering the military, that's a huge pool we need to be focused on," Thompson said.

Spurred on by the first lady's efforts, the Defense Department formed a childhood obesity working group in August, with a committee of nearly 30 helping professionals from a variety of military backgrounds and expertise, Ms. Thompson said. The group includes pedi-

atricians, family medicine physicians, dietitians, nurses, public health professionals, military and civilian personnel experts, family and child and youth professionals, representatives from the Defense Commissary Agency, the Department of Defense Education Activity and morale, welfare and recreation.

To tackle a daunting task, the group divided into four sub-committees: nutrition and health for children from birth to age 18, the Military Health System, food and fitness environments and education and strategic communications.

The committee then set out on a mission to improve the health and nutrition of military families, Ms. Thompson said.

"We're developing a strategic action plan that cuts across the DoD's food environment," she explained. "We have to look at our food courts, our school menus, how physically friendly is the installation so children can walk to school and bike to school to increase their physical activity, for example.

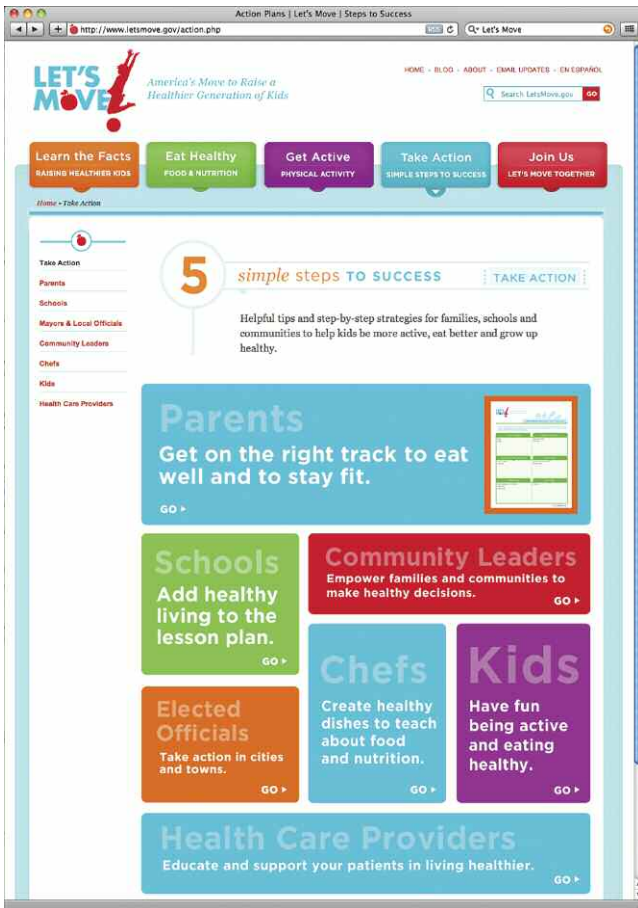
"It's a very comprehensive look at what we can do as a department to help our families make the right choices for their families," she added.

They've already made considerable progress, Ms. Thompson noted. With the Army taking the lead, officials are creating standardized menus for child development centers to ensure the centers are meeting children's nutritional needs. They're also working with vendors who supply the centers' food to ensure they're getting the freshest vegetables, lower-fat cuts of meat and less processed food laden with fats, salt and sugar.

Since children receive about two-thirds of their daily nutrition requirement while in military child care centers, these efforts are poised to have a significant impact, Ms. Thompson said, also noting that military youth and child development centers serve about 700,000 military youth on any given day.

"It's a wonderful opportunity to impact the way they think about healthy lifestyles," she said.

Additionally, the committee is working to develop community gardens, healthy



cooking classes and classes on the relationship between finances and food. Eating at home, for example, generally is less expensive than eating out, Ms. Thompson said.

Ms. Thompson also cited progress within the civilian sector that the military can adopt. The first lady is working with a major "super store" chain to reduce the number of products high in fat, salt and sugar and to boost the number of fruits and vegetables it offers, she explained, and commissary officials are looking into this as well. Commissaries already have increased the sales of fresh fruits and vegetables, she noted.

Additionally, the department is working to offer more healthy choices in vending machines, schools, dining facilities, clubs, bowling centers, food courts, and any other on-base locale that offers food, she said.

These changes not only will affect children in the short term with better stamina and well-being, but also will have a significant impact on their long-term health, Public Health Service Cmdr. (Dr.) Aileen Buckler, working group co-chair and TRI-CARE population health physician, told American Forces Press Service.

When a child is overweight or obese,

particularly obese, she explained, they're at a much higher risk of cardiovascular risk factors such as high blood pressure and elevated cholesterol, as well as increased blood sugars, which can lead to higher rates of Type 2 diabetes at younger ages than what was seen in the past.

Weight issues often follow children through the years, Cmdr. Buckler noted. Studies show that about 85 percent of children ages 10 to 15 who were overweight became obese by age 25, she said. And children who are obese before age eight are more likely to have more severe obesity as an adult, which can lead to greater risks of cardiovascular disease, stroke, certain types of cancer, osteoarthritis and even infertility, she added.

To keep these health issues from snowballing, Buckler's Military Health System subcommittee is taking action within health care offices nationwide. Members are working on a policy memo aimed at helping pediatricians, family physicians and civilian health care providers properly diagnose overweight and obesity in children, track trends and offer parents ideas of how they can help at home.

They're also evaluating civilian and military toolkits on childhood obesity so they can develop a standardized toolkit for military and civilian providers, she added. This will ensure they reach the widest scope of children, including those of National Guard and Reserve families.

Along with new initiatives, the committee is taking current, effective programs into account, Ms. Thompson said. The committee has gathered an inventory of current service programs to learn from effective practices with an aim to expand those programs across the department, she said.

But the department can't accomplish this alone, Ms. Thompson noted. "It takes a village to make good change," she said. "We need to bring the message to the important adults in their lives. And as adults, we need to be good role models for our children."

For more information on a healthy lifestyle, visit the base Health and Wellness center, check in with a base fitness center or visit the Let's Move campaign website at <http://www.letsmove.gov> or Military OneSource at <http://military-onesource.com>.

Top 3 Association provides leadership

The Joint Base Charleston's Top 3 organization's primary purpose is to provide enlisted leadership. We support projects and programs that directly enhance the professional development, morale, welfare, and status of enlisted personnel assigned to the base and serve as a forum to promote camaraderie and cooperation among our members and to disseminate information of common interest to senior non-commissioned officers.

The Top 3 Association meets the second Wednesday of the month at the Low Country Bar in the Base Club at noon. It is open to all E-7s and above and Navy Chiefs are welcome to attend.

Special Events

Family Circle Cup: If you are interested in volunteering to help with this event April 5, contact Master Sgt. Chris Greek at 963-6797. This event is open to all ranks and civilians.

Joint Base Charleston Air Base Air Expo: One of the biggest events of the year on Joint Base Charleston, the Expo is April 9. Anyone wishing to volunteer can contact Master Sgt. Deborah Decker at 963-3474. This event is open to all ranks and civilians.

Recurring Events:

Recognition program: Do you have an E-1 thru E-6 you would like to recognize for outstanding work? Here is a program designed just for that. Every month the Top 3 recognizes a member from the 437th Airlift Wing and the 628th Air Base Wing. This program is design to shadow the Diamond Sharp award, which is selected by your first sergeants. If you have someone who you would like to highlight to the Top 3, eat lunch with them, and allow them to mingle with their upper leadership in a relaxed manner, send your selections to Senior Master Sgt. Kevin Klooppel at 963- 4182 by the close of business on the first Wednesday of each month.

Enlisted Grant/Scholarship (Qtr): The purpose of this event is to award a well deserving E-1 thru E-6 who is attending school and displays the Air Force Core Values in their daily life. The winners will be awarded a \$100 check to help with school expenses. Contact Master Sgt. Mark Harrison at 963-2180 or Master Sgt. Kevin Riley at 963-4077. Nominations are due by the beginning of the last month of each quarter.

Habitat for Humanity: Are you skilled at home improvements? Do you like to get your hands dirty, or

are you just motivated to try something different? The local Habitat for Humanity builds houses for families in need. They do this with volunteers like you. Contact Master Sgt. Mike Tawney at 963-6760 if you are interested.

Adopt-a-Highway: Have you ever driven down the road and noticed the "Adopt a Highway" signs? The Top 3 has adopted Cross County Road as it's street to help keep clean. Once a quarter, volunteers spread out along this stretch of highway and help pick up all the trash. Contact Master Sgt. Tina Friday at 963-6780.

Food Bank: Help feed the homeless and less fortunate families here in the Low Country. We need volunteers to help sort, label and box food for the Low Country Food Bank. Contact Master Sgt. Troy Firzloff at 963-559.

VA Hospital Visit: Every quarter, our organization goes to the local VA hospital and visits with our veterans. Here is an opportunity to listen to stories from the men and women who have served before you. The veterans also enjoy sharing time with their fellow Airman and soldiers. If you would like to spend a day with a veteran, contact Master Sgt. Kenneth Bragg at 963-2180.

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Joint Base Charleston, S.C.

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Veterinary care provided on Joint Base Charleston

By Army Capt. Andrew Schrader, officer in charge
Joint Base Charleston Veterinarian Treatment Facility

Dental Health Month isn't just for humans. February is also National Pet Dental Health Month.

Dental disease is one of the most frequent reasons for a visit to the veterinarian and an estimated 80 percent of dogs and 70 percent of cats will be diagnosed with dental disease by three years of age. Pet dental care is more than just keeping Fido's teeth pearly white; significant dental disease can lead to kidney and liver problems and can also result in cardiovascular disease.

Pet owners can take simple steps to maintain the health of their pet's mouth by daily to weekly teeth brushing. There are several products available at the veterinarian's office, but a simple dry tooth brush with a little garlic powder for flavor often works as well. Look inside the pet's mouth for signs of damaged teeth and gingivitis, a disease of the gums which often looks red and inflamed. With moderate to significant dental disease, a thorough dental cleaning performed at the veterinarian's office is often needed to return the mouth to good health.

In addition to pet dental care, general pet health is vitally important. Some animal diseases are more prevalent in South Carolina than in other parts of the country including heartworms. Heartworms are easily prevented with a once-a-month pill; however, one missed treatment can result in a costly procedure to kill the adult heartworms. All pets should be tested for heartworm disease once a year.

Distemper is another disease relatively more prevalent in South Carolina and can cause pneumonia and gas-

trointestinal disease that is often fatal in dogs.

Cats are also vulnerable to disease if not properly vaccinated. Cats can fall victim to Feline Leukemia virus, a devastating disease. Keeping your pets' vaccines current is the easiest way to prevent these and many other diseases.

The Veterinary Treatment Facility provides the same high quality veterinary care that is expected from civilian clinics and the price is often lower for many services such as spays, neuters, dental cleanings and mass removals. These procedures are treated on an outpatient basis. Spaying and neutering your pet not only decreases the number of unwanted animals, but also lowers or eliminates the risk of many forms of cancer.

Additionally, the VTF has a brand new X-ray machine and other diagnostic equipment such as ultrasound testing, ocular and skin disease tests, EKG and blood pressure testing equipment and the ability to run full blood work panels.



U.S. Air Force photo/Senior Airman Katie Gieratz

Army Spc. Depa Mead holds Guido, a golden retriever, while Capt. Andrew Schrader uses an ophthalmoscope to view the dog's retina. Using an ophthalmoscope can help the veterinarian detect vision problems and various infections the animal may have. Captain Schrader and Specialist Mead are with the Tennessee Valley District Veterinary command, and work at the base veterinary clinic here.

The VTF located at Joint Base Charleston - Air Base (behind the Outdoor Recreation Center) is available to see eligible cats and dogs for their annual wellness exam and vaccinations. Active duty and retired personnel are eligible for service at the VTF. Services are offered by appointment only from 8:30 a.m. to 4:00 p.m. To schedule an appointment, call 963-1838.

Establishing a line of communication for spouses

Story and photo by Mass
Communication Specialist
1st Class Jennifer Hudson
Joint Base Charleston Public Affairs

Fleet and Family Support Center at Joint Base Charleston-Weapons Station offered a standardized Navy Ombudsman Basic Training Course to volunteers, Feb. 14.

The course is designed to introduce aspects of the Navy Family Ombudsman Program and provide the necessary skill-sets to become an effective ombudsman.

The ombudsman program, introduced to the Navy in 1970, is a Navy-wide program established to improve mission readiness through improved family readiness. Each ombudsman plays a vital role in establishing and maintaining a line of communication between command leadership and Navy families, disseminating information up and down the chain of command and acting as an aid to Sailor's families.

"Ombudsmen are put in place to not only aid the families while the spouse is deployed but they also act as the eyes, ears and liaison between the families and the command," said Naval Support Activity Command Master Chief Billy Cady. "An ombudsman is the sole command source to help a Navy family in need when the ship, submarine or air wing is deployed. Every command not



Fleet and Family Support Center Ombudsman Coordinator Becky Bowers, standing, leads a class in an interactive discussion on how to 'sell' the Navy-wide Ombudsman program to spouses during a Navy Ombudsman Basic Training Course, Feb. 14 on Joint Base Charleston - Weapons Station. Established Sept. 14, 1970, the Ombudsman program improves mission readiness through improved family readiness.

only cares for its Sailors but their families as well and having an ombudsman provides an avenue for hearing about their welfare.

"It is essential for each command to have an ombudsman who is effective, maintains lines of communication and provides assistance to families whether it is for resource information or for emergencies," he continued. "They act as the official link between a command and its

families, allowing a Sailor to stay mission-focused and effectively do their job."

The 16-hour course taught new ombudsmen volunteers key points on how to actively listen, problem solving skills, what falls under confidentiality and how their professionalism is reflected upon not only themselves but the command as well.

"The ombudsman program is a way to support a command and their family members so that they may have a better

understanding of what the command is all about and to help them get accustomed to the military lifestyle," said Becky Bowers, FFSC ombudsman coordinator.

"This course has been very informative and helpful for me because it's providing me with the tools I need to be able to assist spouses who require my help," Kelly Morris, the new volunteer ombudsman for the Naval Hospital Beaufort, S.C., said.

Often times an ombudsman will be able to problem solve small issues such as questions or give guidance regarding medical services or provide additional resources to a spouse.

"The ombudsman builds trust for the command; there are a lot of newer families here at the Weapons Station. Many of these young Sailors and their families do not understand everything the Navy has to offer and all the assistance the Navy can provide," said Mrs. Bowers. "When they see a spouse representing the command as far as a liaison, they do not feel so intimidated. An ombudsman can help solve problems often before it gets to the chain of command. They are able to build that trust factor because they are a spouse themselves and can relate to other spouses."

For more information on dates for the next course and scheduled meetings contact the Ombudsman Coordinator Becky Bowers at 764-7443.

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Hours of Operation

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Family Practice Medical Clinic: Monday–Friday 7:15 a.m. to 4:30 p.m.
Fitness and Sports Center: Monday–Friday: 4:30 a.m. to 11 p.m. / Saturday–Sunday: 6:30 a.m. to 6 p.m.
Outdoor Recreation: Monday–Friday: 9 a.m. to 5 p.m.
Shoppette: Monday—Friday: 6 a.m. to 10 p.m. / Saturday: 7 a.m. to 10 p.m. / Sunday: 8 a.m. to 10 p.m.
Base Veterinarian: Monday–Friday: 8 a.m. to 4 p.m.
Commissary: Monday: Closed / Tuesday—Saturday: 9 a.m. – 7 p.m. / Sunday: 11 a.m. – 6 p.m.
• Doors open for disabled patrons 30 minutes early.
Health and Wellness Center: Monday—Friday: 7:30 a.m. to 4:30 p.m. Provides nutritional counseling, tobacco cessation,

Bod Pod testing, blood pressure screening, wellness information, jogging strollers, massage, relaxation room

Base Exchange/Mall:
• *Main store:* Monday–Saturday: 9 a.m. to 7 p.m. / Sunday: 11 a.m. to 6 p.m.
• *Burger King:* Mondays - Saturdays: 7 a.m. - 6:30 p.m. / Sundays: 11 a.m. - 5 p.m.
• *Charley’s Grilled Subs:* Mondays - Saturdays: 10 a.m. to 6:30 p.m. / Sundays: Closed
• *Anthony’s Pizza:* Mondays - Saturdays: 11 a.m. to 6:30 p.m. / Sundays: Closed
• *Barber Shop:* Mondays - Saturdays: 9 a.m. – 6 p.m. / Sundays: Closed
• *Beauty Shop:* Mondays - Saturdays: 9 a.m. – 6 p.m. / Sundays: Closed
• *GNC:* Mondays - Saturdays: 9 a.m. – 6 p.m. / Sundays: 11 a.m. – 4 p.m.
• *Laundry/Dry Cleaners:* Mondays – Fridays: 9 a.m. – 6 p.m. / Saturdays: 9 a.m. – 4 p.m. / Sundays: Closed
• *Stripes – alterations shop:* Mondays – Fridays: 9 a.m. – 6 p.m., Saturdays: 9 a.m. – 4 p.m., Sundays: Closed

Chapel:
Monday—Friday: 7:30 a.m. – 4:30 p.m.
• *Catholic Services* - Weekday Mass: 11 a.m. Wednesday & Friday. / Saturday Reconciliation: 4:15 p.m. / Saturday Mass: 5 p.m. / Sunday Mass: 9:30 a.m.
• *Protestant Services* - Inspirational Gospel: 8 a.m. Sunday / Traditional Worship (with Children’s Church): 11 a.m. Sunday
• *Bible Study* - Protestant Women of the Chapel (PWOC): 10 a.m. & 6:30 p.m. Tuesday / Alpha Course: 6:30 p.m. Wednesday, Chapel Annex. Dinner prior at 6 p.m. / Truth Seekers BS: 7 p.m. Thursday, Home of Dex & Patriece
For information on other faith groups, call the Base Chapel.

Frequently Called Numbers

- *Emergency* (On and Off Base): 911
- *Medical Appointment Line:* 963-6880
- *American Red Cross:* 963-3377
- *Base Chapel:* 963-2536
- *Military Family Housing:* 963-3859/ 963-3858
- *Inns of Charleston:* 963-3806
- *Golf Course:* 963-1833
- *Health and Wellness Center:* 963-4007
- *Unaccompanied Housing:* 963-3859
- *Commissary:* 963-5695
- *Military and Family Readiness Center:* 963-4406
- *Education Office:* 963-4575
- *Base Exchange:* 552-5000
- *Visitor’s Center:* 963-5729
- *Military Personnel - ID Cards, Separations, Awards & Decorations, etc.:* 963-0677

Helpful Websites

Joint Base Charleston – Air Base
• *Official Base Web Site:* www.charleston.af.mil
• *628th Force Support Squadron - MWR, Readiness, Fitness, Jobs, Lodging, Dining, Recreation, Education, Veterinary Clinic:* www.jbcharleston.com
Medical Support
• *Base Clinic:* www.charleston.af.mil – Search “628th Medical Operations Squadron” for clinic factsheets
• *TRICARE:* www.tricareonline.com
• *TRICARE Dental Plan:* www.ucci.com
Relocation Information
• *Military One Source:* www.militaryonesource.com
• *Automated Housing Referral Network:* www.ahrm.com
• *DoD Installations/Relocation Information:* www.militaryhomefront.dod.mil
• *Household Goods Shipment:* www.move.mil
• *Military Spouse Employment:* www.military.com/spouse



Hours of Operation

Movie Theater: Call 764-7516 for individual show times. Admission is free. Doors open 30 minutes prior to each showing.
Base Exchange:
• *Main store:* Monday –Saturday: 9 a.m. – 8 p.m. / Sunday: 9 a.m. – 6 p.m.
• *Barber Shop:* Monday—Friday: 8 a.m. – 6 p.m. / Saturday: 8 a.m. – 4 p.m. / Sunday: Closed
• *Mini Mart:* Monday—Saturday: 9 a.m. – 10 p.m.
• *Uniform Center:* Monday—Friday: 9 a.m. – 8 p.m. / Saturday—Sunday: 10 a.m. – 5 p.m.

Commissary:
Monday: Closed / Tuesday—Friday: 9:30 a.m. – 7 p.m. / Saturday—Sunday: 9:30 a.m. – 6 p.m.
The commissary doors open for disabled patrons at 9 a.m.

Chapel:
Monday—Thursday: 8 a.m. – 4 p.m. / Friday: 8 a.m. – 3 p.m.
• *Sunday Catholic Mass:* 8 a.m. and 11:30 a.m.
• *Sunday Protestant Services:* 10 a.m.
• *Catholic Weekday Services:* 11 a.m. Tuesday & Thursday

Frequently Called Numbers
• *Emergency (On and Off Base):* 911
• *American Red Cross:* 764-2323
• *Bachelor Housing:* 764-7646
• *Chaplain’s Office:* 764-7222/7912
• *Commissary:* 764-2020
• *Military and Family Readiness Center:* 764-7480
• *Morale, Welfare and Recreation:* 764-7601
• *Navy College:* 764-4493
• *Navy Exchange:* 764-7042
• *Navy Marine Corps Relief Society:* 764-7662
• *Pass & Badge Office (Auto Registration):* 764-4231
• *Personal Support Detachment:* 764-7431/7432

Health Clinic:
Information 794-6000
Central Appointments 794-6221
Public Affairs Officer 794-6213

Red Cross 794-6220
TRICARE Information 794-6030
Pharmacy 794-6100

Helpful Websites

Joint Base Charleston – Weapons Station
• *Official Base Web Site:* www.charleston.af.mil
• *On-Base Housing:* www.nwscharlestonhomes.com
• *Morale, Welfare and Recreation:* www.jbcharleston.com
• *Naval Nuclear Power Training Command:* www.cnrc.navy.mil/charleston
• *Navy Region Southeast:* www.cnrc.navy.mil/charleston
Navy Medical Support, Charleston
• *Naval Health Clinic Charleston:* www.nhchasn.med.navy.mil
• *Charleston Naval Pharmacies:* www.nhchasn.med.navy.mil/pharmacy
• *TRICARE:* www.tricareonline.com
• *TRICARE Dental Plan:* www.ucci.com
Relocation Information
• *Military One Source:* www.militaryonesource.com
• *DoD Installations/Relocation Information:* www.militaryhomefront.dod.mil
• *Household Goods Shipment:* www.smartwebmove.navsup.navy.mil
• *Military Spouse Employment:* www.military.com/spouse
• *Navy College Program:* www.cnrc.navy.mil/charleston

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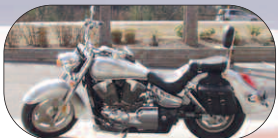
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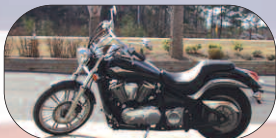
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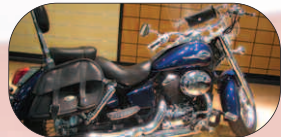
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1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
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73					74						75			

CLUES ACROSS

1. Russian ruler (alt. sp.)
5. Cola brand
10. Scottish tax
14. Long-eared rabbit
15. Sir _____ Newton
16. Thin piece of wood
17. Shock treatment
18. Hokey
19. Frost a cake
20. Not Jr.
21. Companion animal
22. Expresses surprise
23. Locked boxes
26. Devil worship
30. Soak fibers in liquid
32. Tax advantage savings acct.
33. Young women’s association
35. Green regions of desert
38. Picasso’s mistress
42. Netherlands river
43. 3rd note
44. Cathode (abbr.)
45. Intercontinental ballistic missile
46. Literary language of Pakistan
47. Former Senator Spector
49. British thermal unit
50. Tell on
52. Indicates near
54. Wrestling point maneuver
57. Cavalry sword
60. Atomic number 13
61. Ad ____, unplanned
63. 2001 Spielberg movie
64. Fiddler crabs
66. Tossed or Cobb
68. Million gallons per day (abbr.)
69. Precisely executed
71. A way to excuse
72. Small amount of residue
73. Counterweight
74. Not relaxed
75. Bog down

CLUES DOWN

1. Popular old board game
2. Wedge shaped vertebrae (pl.)
3. Fine or visual
4. Atomic #75
5. PC graphics file format
6. Employee stock ownership plan
7. Muscular weaknesses
8. Mr. Claus
9. Covered with ice
10. Atomic #56
11. ____ Lilly, drug company
12. Securities firm Goldman ____
13. Diffused boiled water
24. Expunction
25. Point midway between S and E
27. Herbal tea
28. Accounts receivable
29. Windhoek is the capital
31. Fruit eaten as a vegetable
33. Freshwater fish of N. America
34. Not happy
36. The space above the ground
37. Supplement with difficulty
39. Play a role
40. ____ Dhabi, Arabian capital
41. Reichsmark
42. 12th Greek letter
48. Salve
51. In the year of Our Lord
53. Note appended to a letter
54. Verbally tease
55. Dillenioid dicot genus
56. Largest mammal
58. Showing keen interest
59. 1st Homeland Security Sec. Tom
62. Taxis
65. Swiss river
66. Posed for a portrait
67. Small game cubes
68. Scan done with magnets
70. Atomic #52
72. Decimeter

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